



Sustainable Travel Habit Tracker

Small actions, consistent results — so it becomes normal, not performative.

Aroundtheworldwithrob.com • Printable template • Last updated: January 2026

THE DEAL You're not trying to be perfect. You're trying to be consistent. Pick a few habits you can repeat on tired days — those are the ones that stick.

Step 1: Pick your 'core 5' habits

- Choose 5 habits that fit this trip. If you can't do it on a messy day, it's not a core habit (yet).
- Write them in plain language — 'Refill bottle' beats 'reduce plastic.'

#	My habit	Notes
Habit 1		Why it matters
Habit 2		Why it matters
Habit 3		Why it matters
Habit 4		Why it matters
Habit 5		Why it matters

Habit bank (steal what fits)

- Carry a refillable bottle (and actually refill it).
- Bring a small tote/bag so you don't accept new plastic bags daily.
- Choose walking/public transport for short hops when it's safe and reasonable.
- Do a 'towel + rewear' day (reduce laundry when it's not needed).
- Eat local and seasonal when you can (often cheaper and better).
- Say no to single-use extras (straws, cutlery, mini toiletries) when optional.
- Respect wildlife: distance, no feeding, no 'selfie pressure'.
- Keep AC/heating sensible (hotel rooms don't need to feel like Antarctica).
- Support local businesses (family cafés, guides, markets) at least once a day.
- Leave a place cleaner than you found it (tiny but real).

30-day tracker (copy this page as needed)

KEEP IN MIND A checkmark is a win. If you miss a day, restart tomorrow — no drama.

Day	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5	Notes
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Weekly reflection (5 minutes)

Prompt	Write it here	Notes
What was easiest this week?		
What tripped me up (time, access, fatigue, cost)?		
One small tweak for next week		
One thing I'm proud of		

