

My eco week



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Monday

- I didn't drink coffee today, but I drank biline teas instead



Tuesday

- on Tuesday I didn't go to work by car but I walked



Wednesday

- on wednesday i sorted the bottles instead of throwing them in the trash



Thursday

- Thursday I ate regularly from morning until evening and healthy

Junk Food V's Healthy Food



Friday

- on Friday, instead of lying at home, I spent time in nature



Saturday and Sunday

- over the weekend we put up a live Christmas tree instead of an artificial one

