



7 Day Zero Waste Challenge

The 7 Day Challenge is for employees to **kickstart their sustainability journey and take massive zero waste actions** while having fun in the contest and being supported by the zero waste group. It is an online challenge comprising of physical actions that need to be done by employees/individuals.

The challenge will also give individuals a chance to try out various zero waste activities to see what fits into their lifestyle and can be adopted in the long run!

Programme Purpose:

- Increase employee engagement
- Reduce organisational carbon footprint
- Strengthen company's commitment to sustainability
- Cultivating the sustainability mindset and culture within the company and actively engaging employees in the environment dialogues.



7 Day Zero Waste Challenge



[PRE] Awareness Week

Learn to separate waste properly and understand the environmental impact of what we produce.

**Inclusive of 1 Zero Waste Talk before the kick off*



[DURING] Engage & Practice

Employees are to complete the daily zero waste challenge that helps to reduce carbon footprint through individual actions.



[POST] Reflection

Employees go through mindset & behavioural shift and are empowered to building a greener Malaysia.

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Challenge Timeline

	TIMELINE	STAGES	ACTIVITIES/DELIVERABLES
WHY	1st Week	Pre-challenge	1 Hour Zero Waste Lifestyle Talk - To educate employees and share the overview of zero waste & sustainable living: WHAT; WHY and HOW to be ZERO WASTE
HOW	2nd Week	Awareness Week	Sharing 1 week of bite-sized environmental content for participants to learn more about sustainability
WHAT	3rd Week	Challenge Week	Daily Zero Waste Actions to complete
WHY	4th-5th week	Post-challenge	Tabulate contest results & consolidate overall contest impact

SUPPORT GROUP OPTIONS



SUBMISSION PLATFORM



SUBMISSION FORMS

- 1.Registration/Pre-challenge
- 2.Post-challenge

Key Deliverables

The completion of the challenge will include a report produced for your team including tabulation of scores and impact assessments from the overall participation.

At the end of the challenge, you will gain a deeper understanding of:

- Employee behaviour and attitudes towards sustainability
- Estimated emissions reduction based on actions performed
- Employee awareness of sustainability topics



