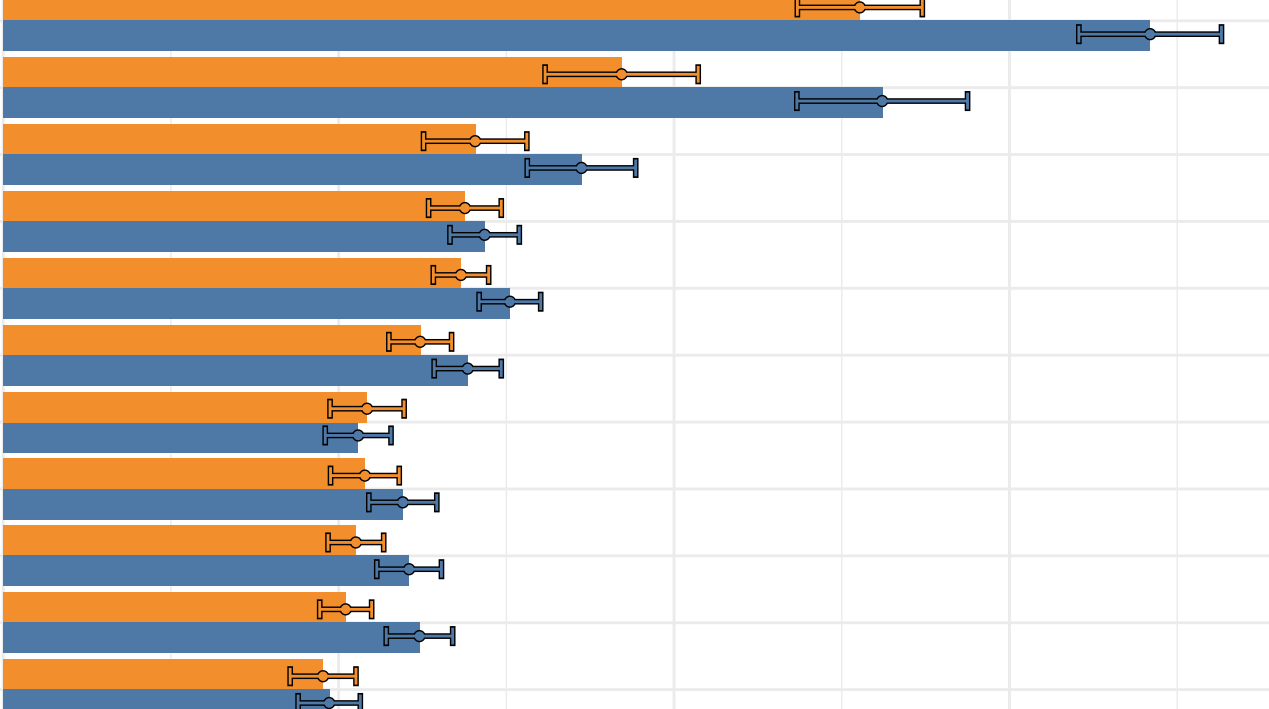


Below median Above median

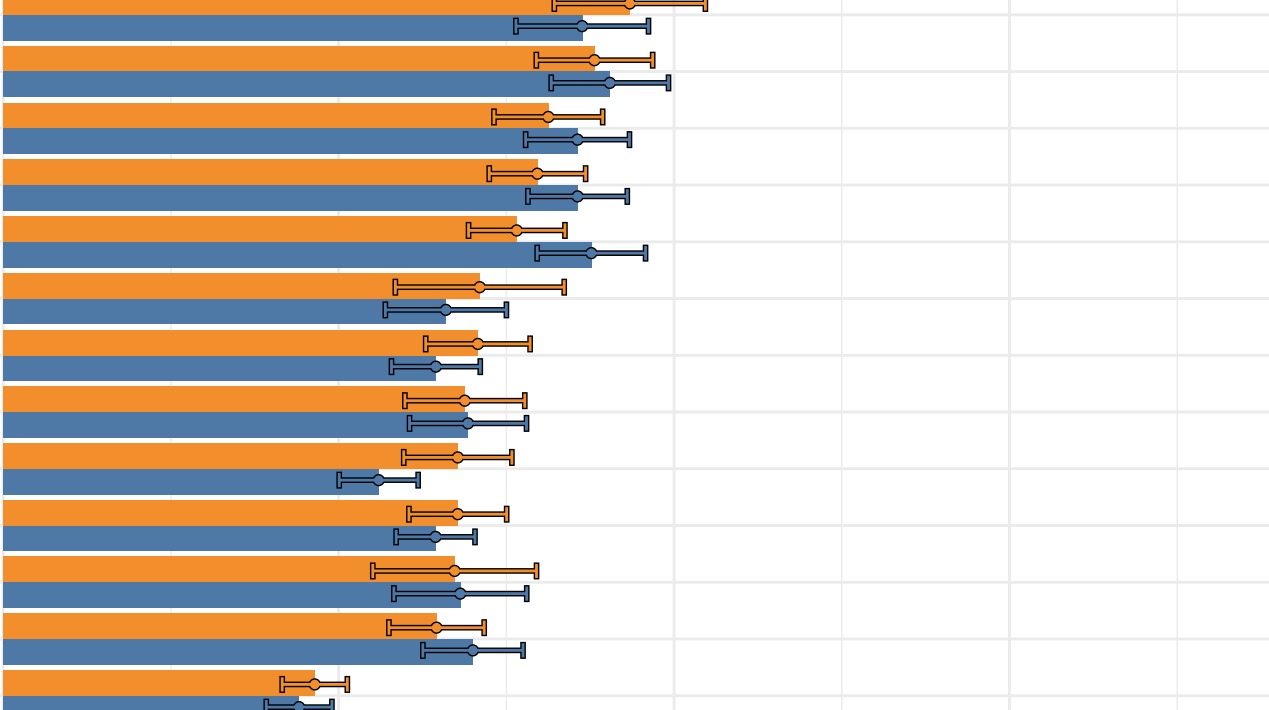
Food

Eat a vegetarian meal
Eat a vegan meal
Eat a pescetarian meal
Choose seasonal products
Consume all your groceries
Choose local products
Choose home grown produce
Bring home leftovers
Choose expiring food
Choose organic products
Choose certified fish



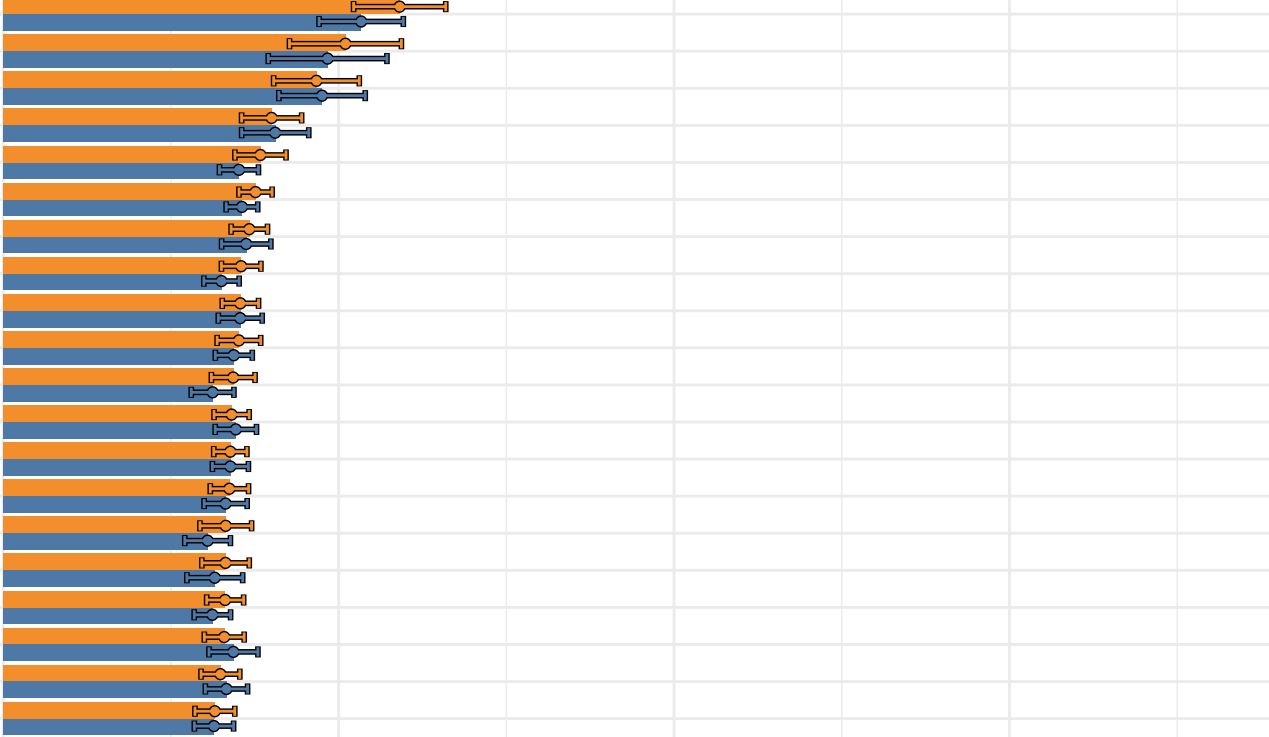
Mobility

Choose an electric vehicle instead of a gas one
Get around with public transport
Walk instead of taking public transport
Take the bike instead of the car
Walk instead of taking the car
Get around with an electric bike
Take meetings remotely
Ride a bike instead of public transport
Take the train instead of the car
Carpool
Get around with an electric scooter
Take public transport instead of a taxi
Take the train instead of the plane



Purchase

Choose to purchase in stores
Use a cloth handkerchief
Choose delivery with an electric vehicle
Invest in ESG funds
Swap a book
Repair your clothes
Choose secondhand clothes
Choose clothes with recycled fabrics
Share your tools
Swap your clothes
Choose a refurbished electronic device
Repair your household appliances
Repair home furniture
Repair your mobile phone
Choose vegan garments
Gift a sustainable experience
Repair electronic devices
Choose a used household appliance
Choose second-hand furniture
Choose a refurbished phone



0.0 0.5 1.0 1.5
Mean number of actions per week