

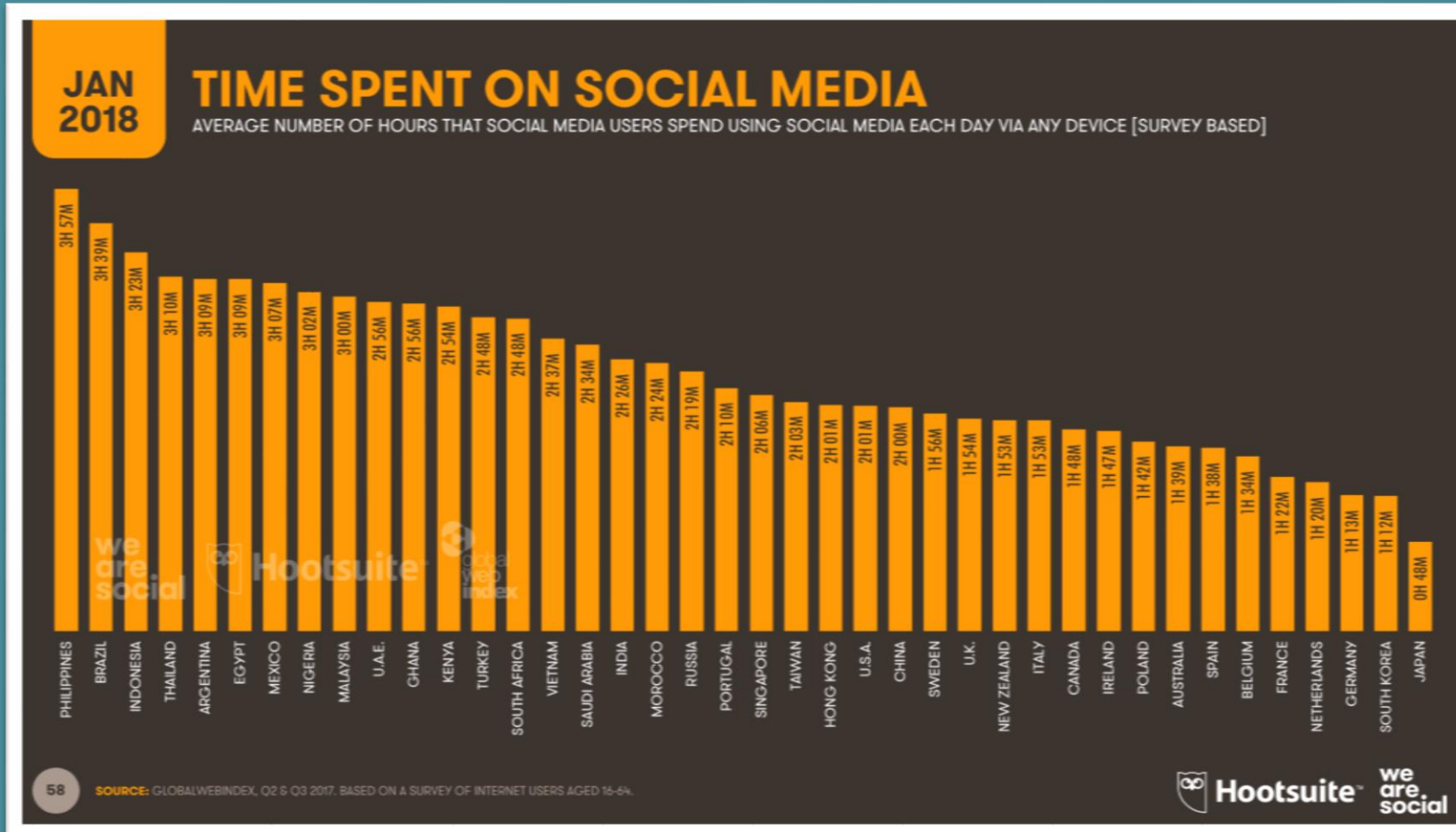
# LESSON 1: 4 QUICK WINS

## 4 QUICK WINS

To get you started here are 4 quick wins to save a minimum of 3 hours a week:

1. Plan your meals for the week and do your food shopping online
2. Cook in bulk and store extra meals in the freezer
3. Find help with housework and gardening
4. Start or finish work 15 minutes earlier or later 4 days a week

# BONUS WINS



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## 1. Cull personal social media

Average time spent on social media is about 2 hours/day.

Britons check their phones every 12 minutes.

## 2. Cull TV time

Nine in ten people watched TV every week in 2017, for an average of 3 hours 23 minutes a day.

Source: Ofcom (UK, Aug 2018)

