

Small-Apartment Eco Step Starter Sheet

Choose one small, reversible action that fits your real space, control, energy, and routine. Progress means a clear next experiment - not perfection, a purchase, or a guaranteed result.

Planning note

Pause and check household needs, accessibility, safety, product instructions, and local or building rules before acting.

1 Notice one recurring friction point

Room or routine:

What keeps happening?

When and where does it happen?

What feels like the extra step?

Example: Reusable bags are stored far from the door, so they are easy to forget.

2 Check fit and control

- ☐ I control this change.
- ☐ I may need household agreement.
- ☐ I may need landlord or property approval.
- ☐ It depends on a local service, building rule, or program.
- ☐ It may affect accessibility, safety, pets, children, food, utilities, or shared space.
- ☐ Not sure - research before acting.

3 Use what already exists

- ☐ Move it closer or make it easier to see.
- ☐ Repair or simplify it.
- ☐ Give it one clear home.
- ☐ Use it differently before buying something new.

Is a purchase necessary now?

☐ Yes

☐ No

☐ Not sure

4 Define one Eco Step

I will make this moment easier by...

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Try and review your Eco Step

5 Before you try it

Where will the setup live?

When will you try it?

Maximum time or effort you want to spend:

Permission, guidance, or research needed first:

6 Observe without scoring yourself

- ☐ The action was easier to notice or begin.
- ☐ Something became harder, unsafe, inaccessible, or inconvenient.
- ☐ I need more information before continuing.

What will you do next?

- ☐ Keep ☐ Adjust ☐ Stop ☐ Research

One note for the next attempt:

7 Optional next step

- ☐ Repeat the same setup.
- ☐ Adjust one part.
- ☐ Choose a different problem.
- ☐ Stop here - no next action is required.

Eco Step note

An Eco Step is an ETLH planning concept, not a scientific score or certification. Choose what fits your home, and stop when it does not.