



Green OT Commitment Card

Occupational therapy for planetary, ecological and human health starts with one choice

Instructions:

1. Choose **one action** you will commit to this week.
2. Write your **name or initials** and your **start date**
3. Share your card:
 - a. Post it on Instagram and tag [@otclimateactionnetwork](#)
 - b. Or share it with a colleague, team or student for accountability
4. Use the hashtag **#GreenOTCommitment** so we can celebrate your action!

My Commitment

- ☐ I will conduct one client session using telehealth instead of in-person travel.
- ☐ I will use active or public transportation for at least one work-related trip.
- ☐ I will replace single-use plastic in my practice with a reusable or compostable option.
- ☐ I will recommend a reused or rental adaptive device before purchasing new.
- ☐ I will start one workplace conversation about sustainability.
- ☐ Other: _____

Name/Initials: _____

Start Date: _____

Together, our small commitments create a big impact. Share yours and inspire others.

Tag [@otclimateactionnetwork](#) on Instagram and use #GreenOTCommitment