**THINK TWICE**

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| Sustainable development goal: | SDG 12: Responsible Consumption and Production  SDG 3: Good health and well-being. |
| Projekt beskrivning: | The gap between believed and actual consumption in Sweden is increasing more than ever and this is something to be concerned about. We need to achieve sustainable consumption and a simple start is to become aware of the initial problem. Through our three-step project we succeeded to  *Close the gap of 58% between believed and actual consumption*  *Reduce monthly expenditures by 39%*  *Raise Awareness*about one's consumption by first estimate one’s spendings and then measure the outcome for the next month. During February, we observed our normal consumption behaviour. On average, our consumption gap was 58%.  *Challenging yourself* by consuming consciously. During March, we tried to cut our spendings as much as possible. As a result, we managed to reduce our expenditures by 39%.  *Change the world* by changing our behavior and general attitude towards consumption. This project has contributed to both SDG 12; Responsible Consumption and Production and 3; Good health and well-being. Our solution consists of a consumption documentation tool - an excel file to facilitate an analysis of spending behaviour - and a website through which we aim to inspire and recruit followers on our journey. |
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