

Online Resource 2. List of all challenges proposed by the application.

Name of the article:

Exploring the impacts of mobile application interventions on sustainable lifestyle changes

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Authors: Vilma Halonen^{a*}, Anna Claudelin^a, Elisa Kareinen^a, Ville Uusitalo^a and Jarkko Levänen^a

^a Department of Sustainability Science, LUT University, Mikkulankatu 19, 15210 Lahti, Finland

* Corresponding author: vilma.halonen@lut.fi

Challenge	Description	Consumption category
Pull the plug on your electric heating this evening	Turn off your electric heating for an hour this evening between 17:00 and 20:00. Why? Most people use the highest amount of electricity when they are home in the evening before going to bed. Limiting your peak hour consumption takes some of the pressure off your community's power grid when the dirtiest, highest-emitting generators are most likely to be running.	Housing & Energy

Spare your laundry from the dryer for 1 week	Minimizing tumble drying and ironing is one of the easiest ways to keep your clothes in good form for longer. Part of the reason your clothes will stay in better shape is because tumble drying releases your clothes' micro plastic fibres into the air. On top of the environmental benefits and obvious energy bill savings (a drying cycle can use double the power as one for washing!), not needing as many new clothes also means more money in your pocket.	Housing & Energy
Install highly energy efficient light bulbs in your home within 2 weeks	Install at least 3 light bulbs with energy-efficiency label B or higher in your home within the next 2 weeks, and enjoy 2 things at once: a nice, natural light and a nice, low energy consumption.	Housing & Energy
Learn about thermally insulating your home within 1 month	In the next month, contact a company to inquire about the benefits of thermally insulating your home. You will see that it is one of the best ways to drastically reduce high energy costs in your home! To find out which type of thermal insulation is best for you, ask for a personal consultation.	Housing & Energy
Don't use your car for the next 24 hours	Can you manage to not drive your personal vehicle tomorrow? If you did not plan to use your car anyway, you are lucky, this makes succeeding in this challenge particularly easy. Otherwise, simply switch to the bicycle, bus or train.	Mobility
Active transport only - tomorrow!	High time to get active: Use only active modes of transport tomorrow (i.e. biking, scooter, walking, etc.). It will make you happier, fitter, and healthier - and help the environment too!	Mobility
Only reusable products at work or school	Help your town reduce waste by using only reusable dishes, utensils, and cups at work/school for the next two weeks. It may take a little work, but it will certainly make a good impact!	Other

Set your washing machine to eco mode	Cut your carbon emissions by setting your washing machine to eco mode for the next 7 days. Washing at low temperatures and less water, like eco mode, benefits the environment by lowering the energy use. If your washing machine doesn't have a specific eco mode, you can still complete this challenge by washing on the lowest temperature possible.	Housing & Energy
Shop smarter with a rented cargo bike	Sometimes it is useful to use a cargo bike when shopping for larger items. In your town there are cargo bikes that you can rent. Use a cargo bike when shopping for the next 7 days instead of using your car.	Mobility
Recycle some rubbish	More and more people are recycling every day. Can you manage to collect at least 2 additional pieces of recyclable rubbish every day for the next week? And dispose of them correctly? Yes? Fantastic!	Other
Support local restaurants that offer vegetarian meals	On special occasions, more people like you around the world are choosing to eat vegetarian when eating out. The more vegetarian meals we eat, the more years we get to enjoy each other on a non-warming planet! So find a local restaurant that offers tasty vegetarian meals and go support them this week - by going there for a vegetarian lunch or dinner.	Food
Get your old stuff to a good home	Are you getting rid of old stuff? Find friends who want it, or sell it on to one of the recycling companies in your town! Can you do this sometime during the next 60 days?	Other
Live without plastic for a week	Plastic is littering our planet, especially the oceans. Help us to stop this and challenge yourself to live without plastic for the next week. Need a little help? 100 ideas available here: https://myplasticfreelife.com/plasticfreeguide/	Food
Shop at a local food market	Join a local food movement: shop at a local food market at least once every week during the next three weeks. In this way, you not only support locals, you also avoid long transport routes and unnecessary CO ₂ emissions.	Food

Try something fun that doesn't require electricity	Pamper yourself! Do something exciting that is not dependent on consuming electricity and energy this week. Give yourself an hour to do something you are not used to – going for a walk, reading a book, drawing, singing, playing board games.	Housing & Energy
Inform yourself about the local climate policies	Talk to your local representative and learn about what they are doing to take action for the climate! Are they doing enough? Are they doing the right thing? And what about you: Can you complete this challenge in the next 60 days? It's about our next 1000 years!	Other
Engage in local climate policy	Ask locally elected officials to enhance their climate change policies. Go ahead and be stubborn - that's how democracy works! Can you do it during the next 60 days? The next generations will thank you!	Other
Participate in local climate policy	Join/support a group working on climate change or sustainable lifestyles in your area. Can you do it in the next 90 days?	Other
Increase air conditioning temperature by 2 °C	Reduce your environmental footprint and save some money this week by increasing the temperature in your living room by 2°C compared to what you are used to. Air conditioners need more power than any other home appliance in order to work properly. A fifth of all the electricity in the world is used to power air conditioners and electric fans. Even keeping your air conditioning just a few degrees higher helps!	Housing & Energy
Turn off air conditioning for 30 minutes during peak hours (17:00-20:00)	To reduce your peak hour consumption, turn your air conditioning off for 30 minutes between 17:00-20:00. That's the time people use the most electricity at home. Since electricity becomes scarcer and more expensive to produce during these hours. Limiting your peak hour consumption takes some of the pressure off your community's power grid when the dirtiest, highest-emitting generators are most likely to be running.	Housing & Energy

Visit the WeFair and find out more on climate protection	From October 7 to 9, the largest exhibition for a fair and sustainable lifestyle will take place in Linz. Come by and find a booth that will help you protect the climate in your everyday life. Whether it's nutrition, waste prevention, or conservation of resources - what interests you most? You can obtain information at that booth, get advice or just have a look. Afterwards, pick up your Climate Campaigners Goodie at booth H5!	Other
Avoid idling when you drive today	If you know you will be waiting for your friend in your car for a long time or for a train to pass at a level crossing, turning off your engine could save you fuel (money) and CO2 emission. Also, stopping idling can help you keep your engine in good condition!	Mobility
Check what you are wearing before turning on the heater tomorrow	Take out your warmer clothes and wear them. A cap and scarf are also great. Using layers will be helpful for added warmth. This way, you can keep your body heat while the thermostat is a few extra degrees lower, saving lots of energy. Insulating your body is much cheaper than insulating your home.	Housing & Energy
Check out a farmer's market every weekend for one month	You are lucky if your town has a farmer's market opening every weekend! Shopping at a farmer's market is one way to practice sustainability and brings many benefits. Their products travel a shorter distance (less carbon emission), come in minimal packaging (less plastic waste), come straight off the vine (freshness!), and you can support the local economy.	Other

Know your appliances	We all know that we should try and use less energy in our homes. To do this, we need to use some of our appliances less. But do you know how much energy each of your appliances uses? Go around your home and see if you can draw up a list of your big appliances (a kettle or larger), especially things you use to cook, heat/cool your home, heat water, dry your clothes, or wash them.	Housing & Energy
Wear warm and comfy clothes at home today	Keep yourself warm without having the thermostat turned up this winter. It is about heating yourself instead of your home. The best hack to keep yourself warm is to wear a couple of thin layers. That way, you can insulate your body and easily control body temperature. Also, don't forget to wear socks and slippers to keep your toes warm.	Housing & Energy
Go shopping and only buy products not wrapped in plastic this week	Over 40% of all plastic waste comes from packaging. To reduce plastic waste, more and more grocery stores are offering a plastic-free aisle in their stores. As a consumer, you can also contribute by adjusting your buying habits. Choose products that do not come in plastic packaging in your next grocery shopping.	Food
Don't use your car next week	Can you manage to not drive your personal vehicle next week? If you did not plan to use your car anyway, you are lucky, this makes succeeding in this challenge particularly easy. Otherwise, simply switch to the bicycle, bus or train.	Mobility
Reduce your speed on the highway for this week	Driving 10-20% slower than the speed limit would save you a significant amount of fuel, greenhouse gases, and other pollutants. The U.S. Department of Energy said that by avoiding aggressive driving, you could increase your gas mileage by 15-30% on the highway or 10-40% in the city, meaning a longer distance with the same amount of fuel. If this is not eco-driving, what would it be?	Mobility

Give a chance to a car share!	The average price for a used and new vehicle continues to rise. If you want to buy a car, try a car-sharing service first. Especially if you only need a car occasionally, car sharing can be a viable solution while minimizing your carbon footprint. It helps you save on fuel, maintenance costs, parking fees, insurance, and more. With car sharing, you only take responsibility for these costs based on the time (per minute or hour) you rent the vehicle.	Mobility
Learn about smaller and lighter living this week	Perhaps it's time to consider downsizing to a smaller home to decrease your footprint. There are a ton of environmental benefits of living in a small apartment. It uses fewer materials when building (also means fewer trucks and fewer emissions), requires less energy, and produces less waste. Learn about smaller and lighter living options this week.	Housing & Energy
Is your dishwasher full? For the next week, only use the dishwasher with a full load	Wait until your dishwahrer is full before you run a cycle next week. That way, you don't have to waste energy and water to clean fewer dishes.	Housing & Energy
Pull the plug on your electric heating in the evening every day this week	Turn off your electric heating for an hour between 17:00 and 20:00 every evening this week. Why? Most people use the highest amount of electricity when they are home in the evening before going to bed. Limiting your peak hour consumption takes some of the pressure off your community's power grid when the dirtiest, highest-emitting generators are most likely to be running.	Housing & Energy
For a week, shop with as few plastic bags as possible	Do packages of sugar, flour, and pasta really need separate plastic bags? Avoid using separate bags for already packaged products. If you buy loose products, bring your own reusable containers. By avoiding unnecessary plastic bags, you are making a choice for sustainability and the environment, reducing pollution, and lowering CO2 emissions.	Other

Coffee cup travels! Take your own coffee or tea cup the next time you get coffee on the go	Did you know that we use 16 billion paper cups every single year? They result in 6.5 million trees getting cut down yearly. To make matters worse, the polyethylene coating on the surface of a paper cup to keep the drink warm and make the cup liquid-proof prevents them from getting recycled. So, why don't you grab your own reusable mug next time you get your coffee? Plus, you might be able to get some discount on that!	Other
Install a water saver on your shower faucet within the next two weeks	You can save 40% of the hot water if you install a water-saving nozzle on the shower faucet, which reduces the water flow, adds air and accelerates the water jet. As a result, you can enjoy the full water pressure, although the water & energy consumption is significantly reduced. For a 3-person household, this means a cost saving of around €300 per year! If you live in the EU, redeem your coins in our rewards shop to get discounts on the water-saving mini-turbine "Ecowaterjet". For more information, please visit https://www.energie-wasser-spahren.jetzt/en/jetzt-spahren/	Housing & Energy
Grow a balcony garden	Use your balcony, porch, or window box to plant your green friends. You can start with leafy greens like lettuce and spinach, or herbs like basil and thyme. If you can, try tomatoes and green onions. You can also choose flowers to add excitement and color to your balcony or porch.	Other
This week, walk the distance your favorite sports cover during the game	Are you a fan of a sport? Let's become an even more loyal fan by walking (or running) the distance your favorite sport runs in a match. For example, men's tennis players run an average of 4.5 km per tournament and women's field hockey players run an average of 5.5 km per game. The average distance run per soccer game ranges from 9.7 to 13.7 km for men and 8 to 9.7 km for women. Show your passion for your favorite sports and athletes and stay healthy.	Mobility

Create GPS art with your smartphone	You can use your smartphone to create art (also known as "Strava art") with your jog or bike route. Show off your creative mapping to your friends. You can also save and share the most beautiful route for a walk in your city. Turn on your GPS and have fun exploring your city! See Steps & Tips for details.	Mobility
Build a homemade micro-composter with a soda bottle	Give yourself (and/or your kids) a little science project! Today we are going to make a snack for your garden, nutrient-rich compost. This will reduce the need for synthetic fertilizers, and you can also get rid of your organic waste, such as fruit and vegetable scraps, while reducing your carbon footprint.	Other
Turn your old socks into a cleaning sponge	Cleaning sponges have a short lifespan and are not recyclable. Try turning your old socks or t-shirts into a green alternative in just 10 minutes. Here is how to do it: https://shorturl.at/dioEQ You can use this recycled sponge to wash dishes and wipe down countertops or bathtubs instead of using synthetic sponges and paper towels. When it gets dirty, just throw it in the washer with your other laundry.	Other
Let your inner artist shine this weekend!	Grab your palette and brush, or just paper and pencil, and go to the park. Find a nice spot and observe what you want to draw in nature. Trees, flowers, insects, animals or landscapes. Anything is fine. Drawing in nature allows you to connect with the natural world and find inspiration in its beauty. It stimulates creativity, reduces stress, and promotes mindfulness.	Housing & Energy

Local Fruit Picking: Unwrap the taste of sustainability	No more fruits shipped 8,000 kilometers and wrapped in plastic. Discover the beauty of local fruit picking adventures. Look for local farms that allow you to pick your own fruit. Enjoy the goodness of nature's treasures by hand-picking berries, apples, and even mushrooms! Support local growers, reduce your carbon footprint, and enjoy the freshest seasonal flavors. Sustainability is never far away, just one delicious pick at a time.	Other
Today, when using a kettle to boil water, fill the kettle with only as much water as you need	Many people do not realize how much energy electric kettles use and how much is wasted when they boil water more than they need. Always remember, boiling more water equals a longer time, more energy, and therefore a bigger electricity bill. You might think this is minuscule, but think about the cumulative effect!	Housing & Energy
Go shopping and only buy products not wrapped in plastic this week	Over 40% of all plastic waste comes from packaging. To reduce plastic waste, more and more grocery stores are offering a plastic-free aisle in their stores. As a consumer, you can also contribute by adjusting your buying habits. Choose products that do not come in plastic packaging in your next grocery shopping.	Food
Today, when using a kettle to boil water, fill the kettle with only as much water as you need	Many people do not realize how much energy electric kettles use and how much is wasted when they boil water more than they need. Always remember, boiling more water equals a longer time, more energy, and therefore a bigger electricity bill. You might think this is minuscule, but think about the cumulative effect!	Housing & Energy

Have a 'buy nothing' day every week for 2 months	Give yourself more time to spend in a green space near you, or to do a creative activity, instead of going to a shop.	Other
Learn what greenwashing is and spread the word to the community around you	Beware of greenwashing. Companies often make voluntary environmental claims with little or no evidence or substantiation. This can lead to 'greenwashing', where products or processes are made to appear more environmentally friendly than they really are. Spot the companies that greenwash.	Other
Collect rainwater in a water butt and use it for your plants	Be more self-sufficient in the age of the climate crisis. Help us save water.	Other
Buy less, repair more	Instead of throwing away your old or shrunken sweaters, learn how to turn them into mittens, hats, or scarves. Do the same with your shoes. You can even find a repair shop to do it for you. By choosing to repair and reuse, you contribute to sustainability and reduce waste while giving your items a new life and making them last longer.	Other
Give your old & high quality ceramics a new lease of life	Once your high quality ceramics reach the end of their lifespan, recycle them instead of throwing them away. Consider using your old teapots, mugs, and bowls as planters or homemade bird feeders for your garden.	Other
Be a sustainable tourist!	Embark on a journey of responsible travel by learning about and embracing the benefits of sustainable tourism. For example, choose eco-friendly accommodations, support local communities by choosing local guides and products, and reduce your carbon footprint by using trains and minimizing waste. Even as you explore the world, you can continue to make a positive difference for future generations.	Mobility
Embrace three days without TV	Go TV-free for three days to save energy. Instead, enjoy low-consumption hobbies like reading or walking with a friend in your neighborhood to reduce electricity use and increase personal connections.	Housing & Energy

Practice mindful meal preparation	To reduce the carbon footprint associated with your food, prepare only the amount of food you expect to use in a week. This mindful approach to cooking ensures that food resources are used efficiently, promotes sustainability, and minimizes unnecessary food waste.	Food
Mega Challenge	Welcome to the Mega Challenge, an exclusive collaboration between Megamarsch and Climate Campaigners! Set your goal to walk or hike either 150 km or an impressive 250 km in January and February. This challenge not only provides an active alternative but also encourages you to use your car less frequently. All distances walked throughout the month (January/February) will be counted.	Mobility
1 week commuting by public transport or carpool instead of by car	Can you manage to not drive your personal vehicle in the next 7 days? If you did not plan to use your car anyway, you are lucky, this makes succeeding in this challenge particularly easy. Otherwise, simply switch to the bicycle, bus or train.	Mobility
Learn about thermally insulating your home within 1 week	In the next week, contact a company to inquire about the benefits of thermally insulating your home or visit a local trade fair such as the WEBUILD Energiesparmesse in Wels (08.-10.03.2024) to find out which type of thermal insulation is best for you. You will see that it is one of the best ways to drastically reduce energy costs in your home!	Housing & Energy
Travel to the Long Night of Research (24.05.2024) in Austria by public transport or on foot/bike	The Long Night of Research will take place on May 24, 2024 from 17:00 to 23:00 at around 270 exhibition venues across Austria. In all nine federal states, you can discover what otherwise often remains hidden with free admission: exciting, surprising and amazing things! A shuttlebus service is provided so that you can get on site without having to use your car! Discover more on: https://langenachtderforschung.at/	Mobility

Veggie snack instead of Leberkas at the Long Night of Research (24.05.2024)	If all people worldwide were to stop eating meat products, the area of land used for global agriculture could be reduced by around 75%. This would correspond to the combined size of the USA, China, Australia and the EU; such a reduction would lead to a significant decline in greenhouse gas emissions. The remaining agricultural land would be sufficient to feed the world's population. At the Long Night of Research (24.05.2024) you find healthy and tasty vegetarian snacks. Give it a try! Discover more on: https://langenachtderforschung.at/	Food
Complete a hiking path	Instead of spending your time online or in front of a screen, prefer to complete crossing a hiking path! It contributes in keeping your physical condition and in reducing carbon emissions	Mobility
Measure your shower consumption and potential savings	For showers with a flow rate of over 8 litres/minute, saving hot water makes sense without any loss of comfort. But only those who know how much hot water they use can take action. You can easily determine your own water consumption with a bucket test in 3 steps. See how at https://www.youtube.com/watch?v=GmSTPGBomE4 or in Steps and tips. Now enter the result in the online savings calculator and measure your savings potential (in terms of water, energy, costs and CO2 emissions) at https://www.rabmer.at/en/espana/einsparrechner/	Housing & Energy