

I commit to do the following act(s) of compassion...	Every day √	Once per week √	Once per month √
Refrain from eating beef or substitute vegan products like Beyond Burgers			
Refrain from eating chicken or substitute vegan products like Gardein			
Refrain from eating pork or substitute vegan products like Gardein			
Refrain from eating turkey or substitute vegan products			
Refrain from eating seafood or substitute vegan products			
Refrain from eating lamb or substitute vegan products			
Refrain from consuming cow's milk or substitute vegan products like almond, coconut or hemp milk			
Refrain from eating cheese or substitute vegan products			
Refrain from eating ice cream or substitute vegan products like Ben & Jerry's			
Refrain from eating yogurt or substitute vegan products			
Refrain from eating eggs			
Refrain from wearing silk			
Refrain from wearing feathers			
Refrain from wearing leather			
Refrain from wearing wool			
Refrain from wearing fur			
Only use vegan soap			
Only use vegan shampoo and conditioner			
Only use vegan toothpaste and mouthwash			
Only purchase vegan vehicles with faux leather, vinyl or cloth interior			
Only purchase vegan furniture (faux leather, vinyl or cloth)			
Only purchase vegan attire (faux materials or no silk, feathers, leather, wool, fur)			
Only purchase vegan accessories (faux materials or no silk, feathers, leather, wool, fur)			
Only purchase vegan footwear (faux materials or no silk, feathers, leather, wool, fur)			
Avoid medications tested on animals (with physician approved alternatives)			
Avoid circuses			
Avoid zoos			
Avoid aquariums			
Avoid all animal performances and entertainment			
Watch The Game Changers, What the Health and Dairy is Scary			
Tell everyone I see about the March on Washington to pass the Nonhuman Rights Act			