

# WEAR WHAT YOU OWN

A seven-day wardrobe test before you shop.

## THIS WEEK I NEED CLOTHES FOR:

Start with pieces you already wear. Repeat useful items as often as you like.

|       |                                              |
|-------|----------------------------------------------|
| DAY 1 | Outfit worn: _____<br>Worked / change: _____ |
| DAY 2 | Outfit worn: _____<br>Worked / change: _____ |
| DAY 3 | Outfit worn: _____<br>Worked / change: _____ |
| DAY 4 | Outfit worn: _____<br>Worked / change: _____ |
| DAY 5 | Outfit worn: _____<br>Worked / change: _____ |
| DAY 6 | Outfit worn: _____<br>Worked / change: _____ |
| DAY 7 | Outfit worn: _____<br>Worked / change: _____ |

## CHECK THE REAL GAPS

|                                                            |       |
|------------------------------------------------------------|-------|
| A need that appeared more than once this week:             | _____ |
| Can I restyle, repair, borrow, or buy used?                | _____ |
| If I buy: exact item, size, budget, and 3 outfits it fits: | _____ |
| One piece to repair or care for this week:                 | _____ |