



30 Day Challenge

Taro's Beginner's Guide to Fitness in Nature

NAME:

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Welcome!

G'day, fitness friends!

I'm Taro, and I'm excited that you've decided to join me on this 30-day fitness adventure!

This workbook is filled with different exercises, nutrition tips, and mindfulness practices that will help you build strength, endurance, and joy.

How To Use This Planner

1. Start at Day 1 and progress through each day's tip and activity
2. Track your progress in the provided spaces
3. Adjust intensity levels to match your current fitness
4. Use the weekly reflection pages to notice patterns
5. Celebrate your wins, no matter how small!

Take it one day at a time, listen to your body, and celebrate every small victory.

To your health 🍷

Taro

30 Day Challenge

MONTH: /

01 Morning fitness routine	02 Fitness hydration guide	03 Beginner exercise shoes	04 Beach walker basics	05 Breathing techniques
06 Posture and form basics	07 Exercise rest and recovery	08 Muscle recovery foods	09 No equipment body weight basics	10 Simple stretches
11 Cardiovascular training basics	12 Sustainable workout clothes	13 Starter HIIT workout	14 Fitness progress tracking	15 Core balance workout
16 Beginner mobility exercises	17 Resistance exercises	18 Fitness goal setting	19 Mindfulness during exercise	20 Beach cardio workout
21 Exercise progress assessment	22 Fitness consistency tips	23 Functional workout basics	24 Outdoor workout ideas	25 Post workout recovery
26 Beginner fitness nutrition	27 Exercise for stress relief	28 Exercise progress evaluation	29 Exercise group motivation	30 Fitness journey celebration

Daily Routine

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TIME	SCHEDULE

PRIORITY

1

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2

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3

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4

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TODAY'S MEAL

NOTES

Weekly Goals

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MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



*Start small,
Track your
progress,
Celebrate
your wins!*

Back yourself! You can do this.

Meal Planner

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DAY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Habit Tracker

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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

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1	2	3	4	5	6	7	8	9	10
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11	12	13	14	15	16	17	18	19	20

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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

Workout Tracker

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MON	EXERCISE 	TIME/REPS
TUE	EXERCISE 	TIME/REPS
WED	EXERCISE 	TIME/REPS
THU	EXERCISE 	TIME/REPS
FRI	EXERCISE 	TIME/REPS
SAT	EXERCISE 	TIME/REPS
SUN	EXERCISE 	TIME/REPS

Mood Tracker

MONTH: /

01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



HAPPY



SAD



ANGRY



MEH

30 Ocean Inspired Fitness Tips

DAY 1: WAKE UP WITH THE WAVES

Just as I catch the first waves at sunrise, starting your day with gentle movement sets a positive tone. Morning exercise kickstarts your metabolism and boosts your mood for hours afterward.

Today's Action:

- Complete a 10-minute morning stretch routine
- Focus on slow, deep breathing
- Notice how your energy changes throughout the day

Beginner-Friendly Options:

- Gentle arm circles (10 each direction)
- Side stretches (hold 30 seconds each side)
- Ankle rotations (10 each foot)
- Neck tilts (5 in each direction)
- Standing forward fold (hold for 30 seconds)

DAY 2: HYDRATION STATION

Staying hydrated is crucial for energy and performance! Just as I need the ocean to swim, your body needs water to function optimally during exercise. Most beginners underestimate how much water they need, especially when starting a fitness routine.

Today's Action:

- Track your water intake throughout the day
- Aim for at least 8 glasses (2 liters)
- Notice how hydration affects your energy levels

Hydration Hacks:

- Start with a full glass upon waking
- Carry a reusable water bottle everywhere
- Set hourly reminders on your phone
- Add fruit slices for natural flavour
- Drink a glass before and after each workout

DAY 3: FIND YOUR FINS (PROPER FOOTWEAR)

Just as I need my flippers for speed in the water, you need proper footwear for support and injury prevention. The right shoes can make or break your fitness experience, especially for beginners whose feet aren't yet conditioned for increased activity.

Today's Action:

- Assess your current exercise footwear
- Check for proper fit and support
- Research options specific to your chosen activities

Footwear Checklist:

- Thumb's width between toe and shoe end
- Snug heel cup that prevents slipping
- Arch support that matches your foot type
- Flexible at the ball of the foot
- Replaced every 600kms of use

DAY 4: BEACH WALKER BASICS

Walking on sand is my favourite low-impact workout! It provides natural resistance while being gentle on joints, making it perfect for fitness beginners. Plus, you get the added benefits of fresh air and vitamin D from the sunshine.

Today's Action:

- Complete a 15-minute walk (beach if possible, otherwise any location)
- Focus on posture and breathing
- Notice different surfaces and how they affect your muscles

Walking Form Tips:

- Stand tall with shoulders relaxed
- Look forward, not down at your feet
- Swing arms naturally at your sides
- Land heel-first, then roll through to toe
- Take smaller steps on uneven surfaces

DAY 5: BREATHE LIKE THE TIDE

Proper breathing is the foundation of fitness, just like waves are the foundation of surfing. Many beginners hold their breath during exertion, but learning to breathe rhythmically can improve your endurance and reduce fatigue.

Today's Action:

- Practice 5 minutes of deep breathing exercises
- Try breathing in different patterns during movement
- Notice how breath affects your energy and performance

Ocean Breath Technique:

- Inhale slowly through nose for 4 counts
- Hold briefly at the top
- Exhale slowly through mouth for 6 counts
- Visualise waves coming in and out with each breath
- Repeat 10 times

DAY 6: POSTURE PERFECT

Good posture is like balancing on my surfboard—it affects everything! Maintaining proper alignment during exercise prevents injury and ensures you're working the intended muscles. Most fitness beginners develop habits that can lead to problems later.

Today's Action:

- Practice perfect posture while standing and sitting
- Take posture breaks throughout the day
- Notice which positions cause discomfort

Posture Checklist:

- Ears aligned over shoulders
- Shoulders back and relaxed
- Core gently engaged
- Hips level
- Weight evenly distributed between feet
- Knees soft (not locked)

DAY 7: REST & RECOVERY REEF

Rest days are essential—I don't surf every day! Recovery allows your body to repair and strengthen itself between workouts. Many beginners skip this crucial step, leading to burnout or injury.

Today's Action:

- Take a complete rest day from structured exercise
- Focus on gentle movement and stretching
- Notice how your body feels when rested

Recovery Activities:

- Gentle walking (10–15 minutes)
- Light stretching
- Epsom salt bath
- Extra hydration
- Quality sleep (aim for 7–9 hours)

DAY 8: PROTEIN POWER

Protein is the building block of muscles, just like strong currents build powerful waves. Incorporating enough protein helps your body repair after exercise, especially important for beginners whose muscles aren't accustomed to regular workouts.

Today's Action:

- Track your protein intake throughout the day
- Include protein in your post-workout meal
- Notice how protein affects your muscle soreness

Beginner-Friendly Protein Sources:

- Greek yogurt with mango and coconut (my favourite!)
- Salmon or tuna
- Eggs
- Lentils and beans
- Lean chicken or turkey
- Tofu or tempeh
- Protein smoothies

DAY 9: BODYWEIGHT BASICS

Bodyweight exercises are the foundation of fitness—like paddling is to surfing! These movements require no equipment and can be modified for any fitness level, making them perfect for beginners just starting their journey.

Today's Action:

- Complete a 10-minute bodyweight circuit
- Focus on form rather than repetitions
- Notice which movements challenge you most

Beginner Bodyweight Circuit:

- Modified push-ups (10 reps)
- Squats (10 reps)
- Glute bridges (10 reps)
- Bird dogs (5 each side)
- Superman holds (3 for 10 seconds each)
- Repeat once if feeling strong!

DAY 10: FLEXIBILITY FLOW

Flexibility is crucial for movement quality—just like I need to be flexible to ride different waves! Regular stretching improves range of motion and reduces injury risk, especially important for beginners whose muscles may be tight from inactivity.

Today's Action:

- Complete a 15-minute full-body stretching routine
- Hold each stretch for 30 seconds
- Focus on breathing into tight areas

Full-Body Stretch Sequence:

- Neck tilts and rotations
- Shoulder rolls and chest opener
- Side body stretches
- Hip flexor lunges
- Hamstring reaches
- Calf stretches
- Gentle spinal twists

DAY 11: HEART RATE HARMONY

Understanding your heart rate zones is like knowing which waves to catch! Monitoring intensity helps beginners avoid overtraining while ensuring they're working hard enough to see progress. Most fitness newcomers exercise either too hard or too easy.

Today's Action:

- Calculate your estimated maximum heart rate (220 minus your age)
- Identify your different heart rate zones
- Practice finding your pulse during different activities

Target Heart Rate Zones:

- Very light: 50-60% of max (warm-up/cool-down)
- Light: 60-70% of max (longer, easier workouts)
- Moderate: 70-80% of max (standard cardio training)
- Hard: 80-90% of max (shorter interval training)
- Maximum: 90-100% (very brief efforts, advanced training)

DAY 12: SUSTAINABLE GEAR GUIDE

Just like my bamboo surfboard, choosing sustainable fitness gear reduces our environmental impact! Eco-friendly options are now available for nearly every fitness need, allowing beginners to start their journey on the right environmental foot.

Today's Action:

- Assess your current fitness gear for sustainability
- Research one eco-friendly alternative to conventional products
- Plan for more sustainable choices going forward

Sustainable Fitness Checklist:

- Recycled or natural fibre clothing
- Water bottle made from sustainable materials
- Biodegradable or recyclable yoga mat
- Second-hand or responsibly manufactured equipment
- Minimal packaging products

DAY 13: INTERVAL INTRO

Interval training is like catching waves in sets—periods of effort followed by recovery! This efficient training style is perfect for beginners looking to improve fitness quickly, but needs proper introduction to avoid overwhelming new exercisers.

Today's Action:

- Complete a 15-minute beginner interval workout
- Focus on work/rest ratio of 1:2 (30 seconds work, 60 seconds rest)
- Notice how quickly you recover between intervals

Beginner Interval Circuit:

- Marching in place
- Modified jumping jacks
- Step-ups on stairs
- Arm circles
- Gentle knee lifts
- Repeat 2–3 times with full rest between exercises

DAY 14: WEEKLY REFLECTION & RESET

Taking time to reflect is essential—I always review the waves I caught and missed! Weekly assessment helps beginners recognise patterns, celebrate victories, and adjust their approach for better results going forward.

Today's Action:

- Review your first week of fitness activities
- Note energy levels, soreness, and enjoyment
- Set intentions for the coming week

Reflection Questions:

- What went well this week?
- What challenges did you face?
- How did your body respond to different activities?
- What surprised you about your fitness journey?
- What will you adjust for next week?

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Week 1 Victories:

Week 2 Focus:

DAY 15: BALANCE BASICS

Balance is everything in surfing and fitness! Stability training improves coordination, prevents falls, and engages deep core muscles. Beginners often overlook this crucial component that forms the foundation for all other movement.

Today's Action:

- Practice 5-10 minutes of simple balance exercises
- Start with support and progress as comfortable
- Notice which side feels more stable

Beginner Balance Sequence:

- Stand tall with feet hip-width apart (30 seconds)
- Single-leg balance with hand support (15 seconds each side)
- Heel-to-toe walking with arms out (10 steps)
- Gentle weight shifts side to side (10 each direction)
- Single-leg balance without support (try for 10 seconds each)

Today's Reflection: Which side felt more balanced? _____

DAY 16: JOINT MOBILITY JOURNEY

Mobility work is like the tide – it creates space and flow! Healthy joint function improves overall movement quality and prevents injuries. Many fitness beginners have restricted mobility from sedentary lifestyles that needs specific attention.

Today's Action:

- Complete a 10-minute joint mobility routine
- Move each major joint through its full range
- Notice which joints feel restricted or smooth

Joint-by-Joint Mobility Flow:

- Neck tilts, turns, and circles
- Shoulder shrugs, rolls, and arm circles
- Wrist circles and finger waves
- Gentle torso rotations and side bends
- Hip circles and leg swings
- Ankle rotations and toe spreads

Today's Reflection: Which joints felt most restricted? _____

DAY 17: STRENGTH FOUNDATIONS

Strength training builds the foundation for all activities—just like strong paddling enables better surfing! Starting with proper form and appropriate resistance helps beginners build muscle safely while avoiding common pitfalls.

Today's Action:

- Complete a beginner strength circuit with household items for resistance
- Focus on controlled movement and proper form
- Notice which muscles feel worked afterward

Household Item Strength Circuit:

- Water bottle bicep curls (10 each arm)
- Backpack squats (10 reps)
- Book overhead presses (8 each arm)
- Chair or couch dips (8 reps)
- Canned food rows (10 each arm)
- Wall push-ups (10 reps)

Today's Reflection: Which strength exercise felt strongest/weakest?

DAY 18: SMART GOALS SETTING

Setting SMART goals is like planning which waves to catch! Specific, Measurable, Achievable, Relevant, and Time-bound objectives help beginners stay motivated and track progress more effectively.

Today's Action:

- Create 1-2 SMART fitness goals
- Break larger goals into smaller milestones
- Identify potential obstacles and solutions

SMART Goal Formula:

- Specific: What exactly will you accomplish?
- Measurable: How will you track progress?
- Achievable: Is this realistic given your current situation?
- Relevant: Does this align with your values and larger goals?
- Time-bound: When will you achieve this by?

My SMART Fitness Goals:

- 1.
- 2.

Potential Obstacles & Solutions:

- 1.
- 2.

DAY 19: MINDFUL MOVEMENT

Mindful exercise is like being one with the wave! Connecting your mind and body during movement enhances results, reduces injury risk, and makes fitness more enjoyable. Many beginners exercise on autopilot, missing these important benefits.

Today's Action:

- Complete your choice of 15-minute activity with full attention
- Focus on physical sensations, breathing, and thoughts
- Notice when your mind wanders and gently return focus

Mindfulness Exercise Checklist:

- Notice your breath pattern
- Feel the points of contact with the ground
- Observe muscle sensations without judgment
- Acknowledge thoughts without attaching to them
- Pay attention to your environment (sights, sounds, smells)
- Maintain awareness of your posture and form

Today's Reflection: What new sensations did you notice? _____

DAY 20: OCEAN-INSPIRED CARDIO

Ocean-inspired cardio mimics the rhythms of waves and tides! These dynamic movements improve heart health while connecting you to nature's patterns. Beginners benefit from varied, playful cardio that doesn't feel like traditional exercise.

Today's Action:

- Complete a 15-minute ocean-inspired cardio routine
- Imagine moving with and against waves
- Focus on fluid, continuous movement

Ocean Cardio Circuit:

- "Wave" arm flows (30 seconds)
- "Tide" walking (forward/backward for 30 seconds)
- "Current" side steps (30 seconds each direction)
- "Surf" pop-ups (modified burpees, 30 seconds)
- "Dolphin" jumps (small, gentle jumps, 30 seconds)
- Rest 30 seconds between each move

Today's Reflection: Which ocean movement felt most natural? _____

DAY 21: WEEKLY REFLECTION & RESET

Reflection helps us adapt—just like I adjust my surfing to changing conditions! This second check-in point helps beginners recognise patterns, celebrate improvements, and make necessary adjustments to their approach.

Today's Action:

- Review your second week of fitness activities
- Compare energy, strength, and enjoyment to week one
- Adjust your approach based on what you've learned

Week 2 Assessment Questions:

- What improvements have you noticed since starting?
- Which activities brought you the most joy?
- What's still challenging or uncomfortable?
- How has your energy changed throughout the day?
- What would make your routine more sustainable?

Week 2 Victories:**Week 3 Focus:****DAY 22: CONSISTENCY CURRENT**

Consistency creates results—like how regular waves shape the shoreline! Creating sustainable habits is more important than intensity for beginners. Small, reliable actions compound over time into impressive results and lasting change.

Today's Action:

- Identify your current fitness habit triggers and barriers
- Design one small, consistent daily movement habit
- Create environmental cues to support your habit

Habit Formation Strategies:

- Pair exercise with existing habits (e.g., morning coffee)
- Start with "too easy" versions to build consistency
- Prepare equipment/clothes in advance
- Schedule specific times in your calendar
- Create accountability through sharing intentions

My Mini Movement Habit:**My Environmental Cues:**

DAY 23: FUNCTIONAL FITNESS FUNDAMENTALS

Functional fitness improves daily life activities—like how surfing skills help me during beach cleanups! These practical movements prepare your body for real-world challenges, making everyday tasks easier and reducing injury risk.

Today's Action:

- Complete a 15-minute functional movement routine
- Focus on exercises that mimic daily activities
- Notice how these movements relate to your regular tasks

Functional Movement Circuit:

- Squat to grocery bag lift (10 reps)
- Step-up with opposite knee lift (8 each side)
- Standing rotation with pointer (8 each side)
- Floor-to-standing transitions (5 reps)
- Push-pull door simulation (8 each side)
- Seated-to-standing (10 reps)

Today's Reflection: Which functional movement feels most relevant?

DAY 24: OUTDOOR ADVENTURE

Exercising outdoors connects us with nature—just like I connect with the ocean while surfing! Natural environments reduce stress and increase enjoyment, helping beginners stay motivated. Plus, varied terrain creates natural fitness challenges that indoor workouts can't replicate.

Today's Action:

- Complete a 20-minute outdoor activity of your choice
- Explore a new park, trail, or natural area if possible
- Notice how nature affects your mood and motivation

Outdoor Activity Options:

- Nature walk with varied pace
- Bicycle ride on a scenic path
- Beach or park yoga
- Playground workout (using benches, bars, etc.)
- Hiking on an easy trail
- Outdoor swimming

Today's Reflection: How did being outdoors affect your workout? _____

DAY 25: RECOVERY TECHNIQUES

Recovery techniques speed healing—like how I rest between surf sessions! These practices reduce soreness and improve results by helping your body rebuild stronger. Many beginners focus only on workouts, neglecting this crucial component of fitness.

Today's Action:

- Try 2-3 different recovery techniques
- Note how each affects your muscles and energy
- Identify which methods work best for you

Recovery Method Menu:

- Gentle stretching (5-10 minutes)
- Self-massage with tennis or massage ball
- Contrast therapy (alternating warm and cool shower)
- Elevated legs rest (5 minutes)
- Foam rolling major muscle groups
- Epsom salt bath

Today's Reflection: Which recovery technique felt most effective? _____

DAY 26: NUTRITION NAVIGATOR

Proper nutrition fuels performance—like how I need mango energy for surfing! Understanding basic nutritional needs helps beginners optimize energy, recovery, and results. Simple food adjustments can dramatically improve how you feel during exercise.

Today's Action:

- Track your pre and post-workout nutrition
- Notice how different foods affect your energy
- Plan one optimised pre-workout meal

Pre-Workout Nutrition Tips:

- Eat 1-3 hours before exercise
- Include complex carbs for energy
- Add moderate protein
- Keep fat and fibre moderate to prevent digestive issues
- Ensure proper hydration
- Example: Whole grain toast with banana and small amount of nut butter

Post-Workout Nutrition Tips:

- Eat within 45 minutes after exercise
- Include protein for muscle repair
- Add carbohydrates to replenish energy stores
- Ensure adequate hydration
- Example: Greek yogurt with fruit and granola

DAY 27: STRESS REDUCTION WAVES

Movement is powerful stress medicine—like how ocean waves calm my mind! Exercise releases tension, produces endorphins, and improves mood. Many beginners don't realise certain movement patterns are particularly effective for stress relief.

Today's Action:

- Complete a 15-minute stress-reducing movement session
- Focus on your breath and body sensations
- Note your stress levels before and after

Stress-Reducing Movement Menu:

- Walking meditation (5-10 minutes)
- Gentle yoga flow
- Tai chi or qigong-inspired movements
- Rhythmic, repetitive exercises (swimming, cycling)
- Dance to favorite music
- Nature walk with mindful attention

Today's Reflection: Stress level before: ___/10 After: ___/10

DAY 28: WEEKLY REFLECTION & RESET

Our final weekly check-in creates momentum—like how watching wave patterns improves surfing! This review helps beginners consolidate learning, celebrate progress, and create a sustainable plan for continued growth.

Today's Action:

- Review your three weeks of fitness activities
- Note physical, mental, and emotional changes
- Create a simple plan for continued progress

Progress Assessment Areas:

- Energy levels throughout the day
- Quality of sleep
- Mood and stress management
- Physical changes (strength, endurance, flexibility)
- Confidence in movement
- Enjoyment of activity

Three-Week Victories:**Continuing Journey Focus:**

DAY 29: COMMUNITY CONNECTIONS

Community amplifies success—like how surfing with friends improves skills! Social connection provides accountability, motivation, and shared knowledge. Beginners who engage with fitness communities are significantly more likely to maintain their habits.

Today's Action:

- Identify potential fitness community connections
- Reach out to one person or group for support
- Share your fitness journey with someone you trust

Community Connection Options:

- Join a beginner-friendly class
- Find an online fitness community
- Invite a friend for a walking date
- Share progress with supportive family member
- Find a workout accountability partner
- Volunteer for active community service

My Community Connections:

DAY 30: CELEBRATION & CONTINUATION

Celebrating progress builds motivation—like how I celebrate catching a perfect wave! Acknowledging your month of consistent effort reinforces positive habits and builds confidence for continued growth. Many beginners skip this crucial step of self-recognition.

Today's Action:

- Review your entire 30-day journey
- Celebrate specific improvements and wins
- Create a simple plan for your next 30 days

Celebration Ideas:

- Write a letter to yourself acknowledging changes
- Share your journey with a supportive friend
- Treat yourself to something that supports continued fitness
- Take "after" photos to compare with day one
- Try a new activity as a reward
- Create a visual representation of your journey

My Biggest Victories:

My Next 30 Days Plan:



Celebrate yourself

Hey there, new friend! I want you to know that you are absolutely incredible exactly as you are today.

Your body has carried you through every moment of your life so far, and now you're choosing to honour it by moving in harmony with nature. That's not just brave—it's wisdom in motion! Nature doesn't rush, and neither should you. Every small movement forward counts, every moment of listening to your body builds connection, and every practice becomes part of your unique story.

To your health,

x Taro

About Taro the Australian Fairy Penguin

Taro is a surfing penguin who lives by the ocean on Phillip Island, Bunurong/Boonwurrung Country in Victoria, Australia. As the heart of the Taro and Friends group, he champions ocean conservation, water safety, and joyful movement.

When he's not catching waves on his eco-friendly bamboo surfboard, Taro enjoys swimming, beach yoga, and training at the gym with his mate Ace the Kelpie. His balanced approach to fitness embraces both challenging workouts and restful recovery.

Taro believes fitness should be fun, sustainable, and connected to nature. His favourite post-workout snack is fresh mango with coconut flakes, and he loves supporting local active wear brands that share his environmental values.