Personal Ecological Footprint

Complete each of the following categories for a typical day in your home. Add the points in each category to obtain a subtotal, and transfer each subtotal to the summary chart. Use the grand total to calculate your ecological footprint.

Water Use   My Score

1. My shower (or bath) on a typical day is: _____
  No shower/bath (0)
  Short shower 3-4 times a week (25)
  Short shower once a day (50)
  Long shower once a day (70)
  More than one shower per day (90)

2. I flush the toilet: _____
  Every time I use it (40)
  Sometimes (20)

3. When I brush my teeth: _____
  I let the water run (40)

4. We use water-saving toilets (-20) _____

5. We use low-flow showerheads (-20) _____

Water Use Subtotal: _____

Food   My Score

1. On a typical day, I eat: _____
  Meat more than once per day (600)
  Meat once per day (400)
  Meat a couple times a week (300)
  Vegetarian (200)
  Vegan (150)

2. _____ of my food is grown locally or is organic: _____
  All (0)
  Some (30)
  None (60)

3. I compost my fruit/veg. scraps & peels: _____
  Yes (-20)
  No (60)

4. _____ of my food is processed: _____
  All (100)
  Some (30)
  None (0)

5. _____ of my food has packaging: _____
  All (100)
  Some (30)
  None (0)

6. On a typical day, I waste: _____
  None of my food (0)
  One-Fourth of my food (25)
  One-Third of my food (50)
  Half of my food (100)

Food Subtotal: _____

Transportation   My Score

1. On a typical day, I travel to work by: _____
  Foot or bike (0)
  Public transit (30)
  Private vehicle; carpool (100)
  Private vehicle; alone (200)

2. Our vehicle's fuel efficiency is: _____
  More than 30 mpg (-50)
  24-30 mpg (50)
  17-23 mpg (100)
  Less than 17 mpg (200)

3. The time I spend in vehicles on a typical day is: _____
  No time (0)
  Less than half an hour (40)
  Half an hour to 1 hour (100)
  More than 1 hour (200)

4. How big is the car in which I travel on a typical day: _____
  No car (-20)
  Small (50)
  Medium (100)
  Large (SUV) (200)

5. Number of cars in our driveway: _____
  No car (-20)
  Less than 1 car per driver (0)
  1 car per driver (50)
  More than 1 car per driver (100)
  More than 2 cars per driver (200)

6. Number of flights I take per year: _____
  0 (0)
  1-2 (200)
  More than 2 (400)

Transportation Subtotal: _____

Shelter   My Score

1. My home is _____: _____
  Single house on large lot (suburbia) (50)
  Single house on small lot (city) (0)
  Townhouse/attached house (0)
  Apartment/Condo (-50)

2. Divide number of rooms per person, no baths, by the number of people living at home: _____
  1 room per person or less (-50)
  1-2 rooms per person (0)
  2-3 rooms per person (100)
  More than 3 rooms per person (200)

3. We own a second, or vacation home that is often empty: _____
  No (0)
  We own/use it with others (200)
  Yes (400)

Shelter Subtotal: _____

Energy Use   My Score

1. In cold moths, our house temperature is: _____

    Under 15°C (59°F) (-20)

    15 to 18°C (59 to 64°F) (50)

    19 to 22°C (66 to 71°F) (100)

    22°C (71°F) or more (150)

2. We dry clothes outdoors or on an indoor rack: _____

    Always (-50)

    Sometimes (20)

    Never (60)

3. We use an energy-efficient refrigerator: _____

    Yes (-50)

    No (50)

4. We have a second refrigerator/freezer: _____

    Yes (100)

    No (0)

5. We use 5 or more compact fluorescent Or LED light bulbs: _____

    Yes (-50)

    No (100)

6. I turn off lights, computer, and television When they're not in use: _____

    Yes (0)

    No (50)

7. To cool off, I use: _____

    Air conditioning: car (50)

    Air conditioning: home (100)

    Electric fan (-10)

    Nothing (-50)

8. My clothes washer is: _____

    Top load (100)

    Front load (50)

    Laundromat (25)

Energy Use Subtotal: [ ]

Clothing

1. I change my outfit every day and put it in the laundry: (80) _____

2. I am wearing clothes that have been mended or fixed: (-20) _____

3. One-fourth of my clothes are handmade or secondhand: (-20) _____

4. Most of my clothes are purchased new each year: (200) _____

5. I give the local thrift stores clothes that I no longer wear: _____

    Yes (-50)

    No (100)

6. I never wear __% of the clothes in my closet _____

    Less than 25% (25)

    50% (50)

    75% (75)

    More than 75% (100)

7. I buy ___ new pairs of shoes every year _____

    0-1(0)

    2 to 3 (20)

    4 to 6 (60)

    7 or more (90)

Clothing Subtotal: [ ]

Stuff   My Score

1. All my garbage from today could fit into a: _____

    Shoebox (20)

    Small garbage can (60)

    Kitchen garbage can (200)

    No garbage created today! (-50)

2. I recycle all my paper, cans, glass and plastic: (-100) _____

3. I reuse items rather than throw them out (-20)_____

4. I repair items rather than throw them out(-20)_____

5. I avoid disposable items as often as possible____

    Yes (-50)

    No (60)

6. I use rechargeable batteries whenever I can (-30) _____

7. In my home we have__number of electronics: (comp.,tv,stereo,vcr,dvd,xbox,gameboy,etc)_____

    0-5 (25)

    5-10 (75)

    10-15 (100)

    More than 15 (200)

8. How many of your typical activities are dependent upon electronic devices: _____

    None (0)

    Very little (20)

    Some (60)

    A lot (80)

Stuff Subtotal: [ ]

Summary

Transfer your subtotals from each section and add them together to obtain the grand total. Divide the grand total by 300.

    Water Use   _____

    Food   _____

    Transportation _____

    Shelter   _____

    Energy Use   _____

    Clothing   _____

    Stuff   _____

Grand Total _____ ÷ 300 = __ **Earths**

If everyone liked like I do we would need ____ **Earths** to sustain the people of the world.

Multiplying the number of Earths needed, by 4.7, gives the number of acres used to support my lifestyle

_____ **acres**

Worldwide there are 4.7 biologically productive acres available per person, and this doesn't include all of the other plants' and animals' needs.

Some average footprints:

United States:	**24 acres**
Canada:	**22 acres**
Italy:	**9 acres**
Pakistan:	**Less than 2 acres**