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 lived 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