

Ecological Footprint

For each question, circle the points for your action. At the end of each section, add up the points for that category to obtain a subtotal.

Clothing

1. Most of my clothes are purchased new.
Yes (100)
No (0)
2. My clothes are washed every time after I wear them.
Always (100)
Sometimes (0)
3. I buy my clothes from the thrift store.
Always (-50)
Sometimes (-20)
Never (50)
4. I give clothes that no longer fit to the thrift store or little brothers/sisters/friends.
Yes (-50)
No (100)
5. I have _____ of shoes.
1-2 pairs (0)
3-6 pairs (60)
More than 7 pairs (90)

Subtotal: _____

Transportation

1. To get to school, I usually:
Walk (0)
Ride my bike (0)
Take the bus (30)
Carpool – with other kids (30)
Only kid in car (200)
2. My family has:
No vehicles (-20)
1 vehicle (50)
2 vehicles (100)
More than 2 vehicles (200)
3. The vehicle we use the most is:
We don't use a car (-100)
Hybrid or an alternative fuel (-50)
Small (100)
Medium (200)
Large, SUV or truck (300)
4. How many miles per gallon (mpg) does that vehicle get?
Less than 20 mpg (200)
20-24 mpg (100)
25-30 mpg (50)
More than 30 mpg (-20)
I don't know (20)
5. I spend _____ in a car on a typical day.
No time (-20)
Less than 30 minutes (40)
30-60 minutes (60)
More than 1 hour (100)

Subtotal: _____

Energy Use

1. When it gets cold at my house, the first thing I do is:
Put on more clothes (-50)
Turn up the heat (100)
2. We use a washing machine and dryer to clean our clothes.
Yes (100) – (If energy efficient only 50 points)
No (0)
3. I spend at least 5 minutes a day staring in the refrigerator looking for something to eat.
Yes (100)
No (0)
4. I turn off the lights, computer, TV and radio when not in use.
Always (0)
Sometimes (50)
5. To cool off in the summer, we use:
Air conditioning (50)
Electric Fan (10)
Nothing (-50)
6. I use a gaming system (Nintendo, X-Box, PlayStation, etc.) _____ a day.
I don't have one (0)
Less than 30 minutes (50)
30-60 minutes (100)
More than 1 hour (200)
7. I watch _____ of television on an average day.
No television for me! (0)
1 show or 30 minutes (50)
2-4 shows or 1-2 hours (100)
5 or more shows or over 2 ½ hours (200)

Subtotal: _____

Water Use

1. My shower usually lasts for:
1-2 minutes (25)
3-6 minutes (50)
7-10 minutes (75)
More than 10 minutes (100)
2. We use low-flow showerheads and water-saving toilets.
Yes, we have both (-40)
Yes, we have one or the other (-20)
No, we have neither one (0)
I don't know (20)
3. I flush the toilet:
Every time I use it (60)
Sometimes (20)
4. When I brush my teeth I let the water run.
Yes (20)
No (0)
5. We wash our vehicle in the street.
Yes (80)
No (0)
6. We water our lawn weekly during the summer.
Yes (80)
No (0)

Subtotal: _____

Food

1. Yesterday I ate _____:
(Add **all** servings of **all** foods eaten yesterday)
 - Beef (150 per serving)
 - Chicken (100 per serving)
 - Fish (60 per serving)
 - Eggs (40 per serving)
 - Milk/Dairy (40 per serving)
 - Fruit (20 per serving)
 - Vegetables (20 per serving)
 - Grains: bread, cereal, rice (20 per serving)
2. Some of my food is organic or comes from local growers.
 - Yes (0)
 - No (60)
 - I don't know (20)
3. Some of my food comes out of a can or box.
 - Yes (100)
 - No (30)
 - I don't know (20)
4. Some of my food has wrappers or packaging that needs to be thrown away.
 - Yes (100)
 - No (0)
 - I don't know (20)
5. On a typical day I throw away some of my food.
 - Yes (100)
 - No (0)
 - I don't know (20)
6. I compost my fruit/vegetable scraps.
 - Yes (-20)
 - No (60)
 - I don't know (20)
7. I eat fast food:
 - Never or rarely (0)
 - 1 time a week (20)
 - 2-3 times a week (40)
 - 4-5 times a week (80)
 - More than 5 times a week (100)

Subtotal:_____

Shelter

1. We live in a/an:
 - Apartment (50)
 - House (200)
 - Duplex/Townhouse/Condo (100)
2. My home has:
 - 1-2 bedrooms (50)
 - 3-4 bedrooms (100)
 - 5 or more bedrooms (200)
3. My home has ____ living in it.
 - 1-2 people (50)
 - 3-4 people (20)
 - 5-7 people (-20)
 - More than 8 people (-50)
4. We share our home with relatives or non-family members.
 - Yes (-20)
 - No (0)

Subtotal:_____

Stuff

1. All of my garbage from today could fit into a:
 - No garbage! (-50)
 - Big cup (50)
 - Milk jug (100)
 - 5 gallon bucket (200)
2. I reuse items rather than throw them out.
 - Always (-20)
 - Sometimes (0)
 - Never (50)
3. I recycle all my paper, cans and plastic.
 - Always (-20)
 - Sometimes (0)
 - Never (50)
4. I avoid disposable items as often as I can (such as paper towels or plastic forks).
 - Always (-20)
 - Sometimes (0)
 - Never (50)
5. I use rechargeable batteries.
 - Always (-30)
 - Sometimes (0)
 - Never (50)
6. I have my own: (Circle all that apply)
 - Portable CD player (20)
 - MP3 player (20)
 - Cell phone (20)
 - DVD player (20)
 - Computer (20)
7. I spend ____dollars on an average day. (1 point per \$)

Subtotal:_____

To find your ecological footprint:

1. Transfer your subtotals for each section into the box on the right. Add them together to obtain the Grand Total.

2. Take the Grand Total and divide by 100 to get your Land Use Total (in hectares):_____

3. To find your ecological footprint, take the Land Use Total and divide it by 1.9. Record below.

My ecological footprint is _____planets!

| |
|---------------------------|
| Water Use_____ |
| Food_____ |
| Transportation_____ |
| Shelter_____ |
| Energy Use_____ |
| Clothing_____ |
| Stuff_____ |
| Grand Total: _____ |