

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:



At Eastern Connecticut State University

Energy Use **My Score**

1. In cold months, 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