

Shelter

	Score	Total
Number of rooms in my home + Number of people living in my home = Number of rooms per person		
Number of rooms per person		
Less than two	20	
Two to four	40	
Four to six	60	
Over six	80	
	Subtotal *	
We have a second, or vacation home		
No	0	
Yes	50	
We share it	25	
	Subtotal *	

Total Shelter
(Add Subtotals *)

Total Scores

	T	H	T	O
Transportation				
Food				
Water				
Clothing				
Recreation				
Garbage				
Shelter				
Total				

Your ecological footprint is how much land you use through your everyday activities. There is enough productive land on earth for every human to use 1.8 hectares for their footprint.

Note: One hectare is equal to about two football fields.

To find out your ecological footprint, take your total and divide by 100

_____ / 100 =



MY ECOLOGICAL FOOTPRINT IS _____ HECTARES.

Name: _____
Date: _____

How Big is Your Ecological Footprint?

Transportation

Count how many times you used each method of travel yesterday. Multiply the number of times by the score. Add together the score subtotals.

	Score	Total
Usually I spend some time (Choose all that apply):		
Walking	0	
Cycling	5	
Using public transportation	30	
Carpooling (travelling with people not in my family)	50	
Using my family vehicle	100	
	Subtotal *	
How many cars does your family have? (Choose only one)		
No car	0	
One car	15	
Two cars	30	
More than two cars	50	
	Subtotal *	
How much time do you spend in a vehicle per day? (Choose only one)		
More than one hour	70	
30 minutes to one hour	40	
Less than 30 minutes	20	
No time	0	
	Subtotal *	

Total Transportation
(Add Subtotals *)

Food

	Score	Total
Yesterday I ate some (Choose all that apply):		
Beef	80	
Chicken, Pork, Fish	60	
Eggs, Milk/Dairy	30	
Fruits, Vegetables, and/or Grain (like bread and cereal)	20	
	Subtotal *	
Was yesterday's food organic? (Choose only 1)		
All	0	
Some	20	
None	40	
	Subtotal *	
Yesterday I composted my fruit and vegetable peels (Choose only one)		
Yes	0	
Some	10	
None	30	
	Subtotal *	
This much food was left on my plate yesterday: (Choose only one)		
None	0	
Some	10	
Half of my food	20	
	Subtotal *	

Total Food
(Add Subtotals *)

Garbage

	Score	Total
If I were to take everything that I threw into the garbage yesterday and put it all into the same container, it could fit into:		
I did not produce any garbage	0	
A cup	5	
A shoebox	20	
A milk crate	30	
A large garbage can	60	
	Subtotal *	
I avoided "disposable" items today		
Yes	0	
No	15	
	Subtotal *	

Total Garbage
(Add Subtotals *)

Clothing

	Score	Total
I am not wearing any of the same clothes that I wore the day before	10	
Most of my clothes were purchased brand-new (not second-hand)	50	
I am not wearing anything that has been mended or fixed	10	
	Subtotal *	
Of all the clothes in my cupboard, I almost never wear		
One-quarter or less	10	
Half	20	
Three-quarters	30	
More than three-quarters	40	
	Subtotal *	

Total Clothing
(Add Subtotals *)

Water Use

	Score	Total
Showers and Baths: How much water did you use?		
I did not shower OR have a bath	0	
1 to 4 minute shower OR bath was less than half full	20	
More than a 4 minute shower OR bath was more than half full	30	
	Subtotal *	
Toilet		
I flushed the toilet every time I used it	30	
I let the "yellow mellow" sometimes	15	
	Subtotal *	
Brushing Teeth		
I left the water running when I brushed my teeth	5	
	Subtotal *	

Total Water Use
(Add Subtotals *)

Recreation

What games, sports or activities did I participate in during my spare time? How much equipment did I need for all of yesterday's activities?		
None or little	0	
Some	10	
Lots	25	
	Subtotal *	
I spent the following amount yesterday on purchases (food, clothing, magazines, sports equipment, etc.)	1 point/ dollar	
	Subtotal *	

Total Recreation
(Add Subtotals *)