

PERSONAL ECO-FOOTPRINT CALCULATOR

Complete each of the charts indicating your actions on a typical day in your life. Scores should all be placed in gray boxes - some will be blank. (Some sections have white scoring areas, but these should be added with the total to be put in a gray box @ the top. Add the points on each chart to obtain a subtotal (bottom of each category) for that category and transfer it to the summary chart at the bottom of Page 2.

WATER USAGE		Score
1	My shower/bath on a typical day is:	
	• No shower/no bath (0)	
	• 1-2 minutes long/one-fourth full tub (+20)	
	• 3-6 minutes long/half full tub (+40)	
	• 10 or more minutes long/full tub (+80)	
2	I flush the toilet:	
	• Every time I use it (+60)	
	• Sometimes (+20)	
3	When I brush my teeth, I let the water run.	
	• Every time I brush (+60)	
	• Sometimes (+40)	
	• Never (0)	
4	We use low-flow showerheads and faucets. (-20)	
5	In summer, we usually water the lawn:	
	• Early in the morning or late at night. (+50)	
	• During the middle of the day (+120)	
	• We have xeriscaping which requires little watering (+10)	
	• We never water our lawn. (0)	
6	We generally wash our dishes by:	
	• By dishwasher daily, even when not full (+80)	
	• By hand with rinse water running. (+60)	
	• By dishwasher, only when it is full (+40)	
	• By hand using 2 basins filled for wash&rinse (+20)	

WATER USE SUB-TOTAL Score

FOOD		Score
1	On a typical day, I eat: Total all items here▶	
	• Beef (+150/portion - 2 oz.)	
	• Chicken (+100/portion - 2 oz.)	
	• Farmed fish (+80/portion - 2 oz.)	
	• Wild fish (+40/portion - 2 oz.)	
	• Eggs (+40/portion - 1 egg)	
	• Milk/dairy (+40/portion - 8 oz.)	
	• Fruit (+20/portion - fist size)	
	• Vegetables (+20/portion - 1/2 cup)	
	• Grains: bread, cereal, rice (+20/portion 1/2 cup)	
2	_____ of my food is locally grown.	
	• All/nearly all (0)	
	• Most (+20)	
	• Some (+40)	
	• Very little (+60)	
	• None (+80)	
3	_____ of my food is organic.	
	• All/nearly all (0)	
	• Most (+20)	
	• Some (+40)	
	• Very little (+60)	
	• None (+80)	
4	I compost _____ of my fruit/vegetable scraps.	
	• All/nearly all (0)	
	• Most (+20)	
	• Some (+40)	
	• None (+60)	
5	_____ of my food is processed.	
	• All/nearly all (60)	
	• Most (+40)	
	• Some (+20)	
	• None (0)	
6	On a typical day, I waste (throw out) _____ of my food.	

• None (0)	
• One-fourth (+40)	
• Half (+60)	
• More than half (+200)	

FOOD SUB-TOTAL Score

SHELTER		Score
1	Number of rooms per person (divide total number of all rooms, even bath, in house by number of people living at home.)	
	• Fewer than 2 rooms per person (+10)	
	• 2 to 3 rooms per person (+80)	
	• 4 to 6 rooms per person (+140)	
	• 7 or more rooms per person (+200)	
2	The size of my home is _____	
	• 2500 sq. ft or larger (+200)	
	• 1900-2499 sq ft (+150)	
	• 1500-1899 sq ft (+100)	
	• 1000-1499 sq ft (+60)	
	• 500-999 sq ft (+40)	
	• 100-499 sq ft (+10)	
3	When I travel, I usually stay in a _____	
	• tent (0)	
	• bed & breakfast (+20)	
	• motor home (+60)	
	• small, simple hotel (+80)	
	• big expensive hotel (+120)	
4	We own a second, or vacation home that is often empty.	
	• No (0)	
	• We own/use it with others. (+100)	
	• Yes (+200)	

SHELTER SUB-TOTAL Score

TRANSPORTATION		Score
1	On a typical day, I travel by _____. Total all items for a typical day here▶	
	• Foot (0)	
	• Bike (+5 per use)	
	• Public transit (+10 per use)	
	• Ride a motorcycle or motor bike (+20 per use)	
	• Carpool in private vehicle (+50 per use)	
	• Drive alone in private vehicle (+100 per use)	
2	My vehicle's fuel efficiency = _____ miles per gal.	
	• 40-50 gallons (0)	
	• 30-40 gallons (+20)	
	• 20-30 gallons (+40)	
	• Under 20 (+80)	
3	I spend _____ time in vehicles on a typical day.	
	• No time (0)	
	• Less than half an hour (+20)	
	• Half an hour to one hour + (40)	
	• One-two hours (+60)	
	• More than two hours (+100)	
4	How big is the car in which I generally travel?	
	• No car (-20)	
	• Small car (+40)	
	• Medium car (+60)	
	• Large/SUV (+100)	
5	_____ is the number of cars in our driveway.	
	• No car (-20)	
	• 1 car (+40)	
	• 2 cars (+60)	

	<ul style="list-style-type: none"> More than 2 cars (+100) 		
6	The time I usually spend flying <u>each year</u> is ____		
	<ul style="list-style-type: none"> Never fly (-20) 3-9 hours (+40) 10-24 hours (+80) 25-99 hours (+200) 100 or more hours (+300) 		
	7 We own a motor home		
	<ul style="list-style-type: none"> No (0) Yes (+150) 		
	8 On a typical day, I walk/run for _____ Total of all for one typical day here▶		
	<ul style="list-style-type: none"> 3 hours or more (-40) 1 to 3 hours (-20) 10 min. to one hour (0) Less than 10 minutes (+40) 		
TRANSPORTATION SUB-TOTAL			
ENERGY USE		Score	
1	In winter, our house temperature is usually ____.		
	<ul style="list-style-type: none"> Under 59°F (+30) 59 to 64°F (+50) 65 to 70°F (+80) 71°F or above (+120) 		
	2	In summer, our house temperature is usually ____.	
		<ul style="list-style-type: none"> Over 82°F (+20) 77-82°F (+50) 72-76°F (+80) Under 72°F (+120) 	
3		We dry clothes outdoors or on an indoor rack ____.	
		<ul style="list-style-type: none"> Nearly always (-20) Often (0) Sometimes (+20) Hardly ever (+50) 	
	4	We use an energy-efficient refrigerator (Energy Star) YES (+10) or NO (+150)	
	5	We use wind, solar and/or geo-thermal energy sources for all of our home energy (-40)	
6	We use compact fluorescent light bulbs in ____		
	<ul style="list-style-type: none"> All/nearly lamps (+20) Some lamps (+50) None (+100) 		
	7	I usually DO NOT turn off my _ when not in use. Total of all for one typical day here▶	
		<ul style="list-style-type: none"> lights (+20) computer (+40) computer monitor (+60) radio/stereo (+80) television (+100) 	
8		On a typical day at home and work, I use a TV, radio, stereo and/or computer ____.	
		<ul style="list-style-type: none"> Not at all (-50) Less than one hour (10) One to four hours (50) Five to eight hours (100) More than eight hours (200) 	
		ENERGY SUB-TOTAL	
	CLOTHING		Score
	1	I change my outfit every day or almost every day and put it in the laundry. (+60)	
2	I am wearing clothes that have been mended or updated. (-10)		
3	One-fourth of my clothes are handmade or secondhand. (-10)		

4	Most of my clothes are purchased new each year. (+100)		
5	I donate unwanted clothing to the needy. YES (0) or NO (+100)		
6	I buy shirts made of organic cotton or hemp when I can. (-10)		
7	I never wear ____% of the clothes in my closet.		
	<ul style="list-style-type: none"> Less than 25% (+20) Around 50% (+40) Around 75% (+60) More than 75% (+80) 		
	8	I have ____ pairs of shoes.	
		<ul style="list-style-type: none"> 2 to 3 (+20) 4 to 6 (+40) 7 to 10 (+80) 11 or more (+100) 	
CLOTHING SUB-TOTAL			
STUFF		Score	
1	All my garbage from today could fit into a ____.		
	<ul style="list-style-type: none"> One pound coffee can or smaller (+20) Average-size pail (+60) Garbage can-regular size (+200) No garbage created today! (-50) 		
	2	I reuse/repair items rather than trashing them.	
		<ul style="list-style-type: none"> Nearly always (0) Often (30) Sometimes (+60) Hardly ever (+120) 	
3		I recycle my paper, cans, glass and plastic.	
		<ul style="list-style-type: none"> Always/Nearly always (0) Often (30) Sometimes (+60) Hardly ever (+120) 	
	4	I avoid disposable items.	
		<ul style="list-style-type: none"> Always/Nearly always (0) Often (30) Sometimes (+60) Hardly ever (+120) 	
5		I always use rechargeable batteries. (-30)	
6		My gifts to friends and family are handmade or service-oriented.	
	<ul style="list-style-type: none"> Often or usually (0) Sometimes (+60) Never or hardly ever (+120) 		
	8	Add one point for each dollar you spend in a typical day.	
	STUFF SUB-TOTAL		
SUMMARY: <i>Transfer your category sub-totals from each section and add them together to obtain the grand total. Use the grand total to calculate your (somewhat unscientific, but meaningful) ecological footprint.</i>			
	Water Use		
	Food		
	Shelter		
	Transportation		
	Energy Use		
	Clothing		
	Stuff		
	Grand Total		
Divide by 100 to calculate your eco-footprint (An average footprint in the U.S. is 25.)			

Take the original ecological footprint quiz online at: www.myfootprint.org