

My Personal Ecological Footprint

Circle the number in the right column that corresponds to your answer.

I. Housing	
a) How many people live in your household ?	
(i) 1	(30)
(ii) 2	(25)
(iii) 3	(20)
(iv) 4	(15)
(v) 5 or more	(10)
b) How is your house heated?	
(i) oil	(50)
(ii) electricity	(40)
(iii) natural gas	(30)
(iv) biomass (wood)	(20)
(v) renewable (solar, geothermal)	(0)
c) How many individual faucets (total of all taps in your kitchen, bathrooms, laundry room, and outside) and toilets do you have in your house?	
(i) less than 3	(5)
(ii) 3-5	(10)
(iii) 6-8	(15)
(iv) 8-10	(20)
(v) more than 10	(25)
d) What type of home do you live in?	
(i) apartment/condominium	(20)
(ii) single family house	(40)
II. Food	
a) Do you have a garden and grow some of your food ?	
(i) yes	(0)
(ii) no	(25)
b) How many meals per week do you eat meat or fish?	
(i) 0	(0)
(ii) 1-3	(10)
(iii) 4-6	(20)
(iv) 7-10	(35)
(v) more than 10	(50)

b) How many home-made meals do you eat per week (including those you bring to work)?	
(i) under 10	(25)
(ii) 10-15	(20)
(iii) 15-20	(15)
(iv) more than 20	(10)
c) When purchasing your food items, does you try to buy locally produced goods?	
(i) yes	(25)
(ii) sometimes	(50)
(iii) rarely	(100)
(iv) no	(125)
III. Transportation	
a) If you or your family own/use a car, what type of car is primary vehicle?	
(i) electric	(5)
(ii) motorcycle	(15)
(iii) hybrid/small compact	(35)
(iv) mid-sized	(60)
(vi) full-sized	(75)
(vii) sports utility vehicle or mini-van	(100)
(viii) pick-up truck or full-size van	(130)
b) How do you get to work?	
(i) car	(50)
(ii) carpool	(25)
(iii) public transit (bus, streetcar, subway, train)	(20)
(iv) walk	(0)
(v) bicycle or rollerblade	(0)
c) How many trips do you make per week on public transit that you would have otherwise used a car?	
(i) 0	(50)
(ii) 1-5	(40)
(iii) 6-10	(30)
(iv) 11-15	(20)
(v) more than 15	(10)

d) Where did you go on vacation within the last year?	
(i) no vacation	(0)
(ii) Florida	(10)
(iii) outside Florida, but within the United States	(30)
(iv) Canada / Mexico	(40)
(v) outside North America	(70)
e) How many weekend trips do you take by car (e.g., going to a cottage, camping, event etc.)?	
(i) 0	(0)
(ii) 1-3	(10)
(iii) 4-6	(20)
(iv) 7-9	(30)
(v) more than 9	(40)
IV. Purchases	
a) How many large purchases (e.g., stereo, TV, home theater, home computer, car, furniture, fridge, stove, etc.) has your household made in the last year:	
(i) 0	(0)
(ii) 1-3	(15)
(iii) 4-6	(30)
(iv) more than 6	(50)
b) Have you purchased any energy-efficient products in the past year (e.g. CFL/LED light bulbs, ENERGY STAR appliances/fans, etc.)?	
(i) yes	(0)
(ii) no	(25)

V. Waste	
a) Does your household try to reduce the amount of waste generated in the house (e.g., buying food in bulk, using reusable containers for storage, repurposing instead of discarding)?	
(i) always	(0)
(ii) sometimes	(10)
(iii) rarely	(20)
(iv) never	(30)
b) Does your household compost?	
(i) always	(0)
(ii) sometimes	(10)
(iii) rarely	(15)
(iv) never	(20)
c) Does your household recycle newspapers, paper, steel and aluminum cans, glass/plastic bottles and other materials?	
(i) always	(0)
(ii) sometimes	(10)
(iii) rarely	(20)
(iv) never	(30)
d) How many garbage bags or cans of waste do you leave at the curb each week for pick up?	
(i) 0	(0)
(ii) one half-full garbage bag/can	(5)
(iii) 1	(10)
(iv) 2	(20)
(v) more than 2	(30)
Your Score _____	
Using this score, determine your ecological footprint from the list on the following page. The last page is yours to take; use it as a guide to lessen your impact on the remaining earth resources.	

Estimating Your Ecological Footprint

Total your score by adding up the circled values from the above questions.
For an estimate of your Ecological Footprint based on these questions use the key below.

From the information collected in this questionnaire, your estimated "personal" ecological footprint is:

Your score = _____

- I. If your score is less than 150 your Ecological Footprint is smaller than 10 acres.
- II. If your score is 150-350 your Ecological Footprint is between 10 acres and 15 acres.
- III. If your score is 350-550 your Ecological Footprint is between 15 acres and 20 acres
- IV. If your score is 550-750 your Ecological Footprint is between 20 acres and 25 acres.
(The U.S. National Average)
- V. If your score is more than 750 your Ecological Footprint is greater than 25 acres.

What are the top four things we can do to reduce our footprints?

Consider the planetary impact of everyday activities:

- 1) Reduce water and energy consumption and install water- and energy-efficient devices at home and at work.
- 2) Reduce vehicle miles and use alternative modes of transportation (e.g., walking, cycling and public transportation).
- 3) Buy fresh food that is locally produced and/or grow your own food.
- 4) Practice the 3Rs. **Reduce** consumption by doing more with less. Eliminate unessential purchases and, when necessary, buy durable locally produced products with little or no packaging. **Reuse** items as much as possible and donate items no longer used to local charitable organizations. When a product is no longer useful in its current form, **Recycle/Repurpose** it. Consider whether or not the material can be recycled in our local recycling program when making purchasing decisions and remember that recycling alone is not enough. Buy products that are made with the materials that are collected in your recycling program and close the loop by **Buying Recycled Content**.