

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:	<input style="width: 50px; height: 20px;" type="text"/>

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:	<input style="width: 50px; height: 20px;" type="text"/>

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:	<input style="width: 50px; height: 20px;" type="text"/>

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:	<input style="width: 50px; height: 20px;" type="text"/>



At Eastern Connecticut State University

- Energy Use** **My Score**
- 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)
 - We dry clothes outdoors or on an indoor rack:** _____
 Always (-50)
 Sometimes (20)
 Never (60)
 - We use an energy-efficient refrigerator:** _____
 Yes (-50)
 No (50)
 - We have a second refrigerator/freezer:** _____
 Yes (100)
 No (0)
 - We use 5 or more compact fluorescent Or LED light bulbs:** _____
 Yes (-50)
 No (100)
 - I turn off lights, computer, and television When they're not in use:** _____
 Yes (0)
 No (50)
 - To cool off, I use:** _____
 Air conditioning: car (50)
 Air conditioning: home (100)
 Electric fan (-10)
 Nothing (-50)
 - My clothes washer is:** _____
 Top load (100)
 Front load (50)
 Laundromat (25)

Energy Use Subtotal:

Clothing

- I change my outfit every day and put it in the laundry:** (80) _____
- I am wearing clothes that have been mended or fixed:** (-20) _____
- One-fourth of my clothes are handmade or secondhand:** (-20) _____
- Most of my clothes are purchased new each year:** (200) _____
- I give the local thrift stores clothes that I no longer wear:** _____
 Yes (-50)
 No (100)
- I never wear ___% of the clothes in my closet** _____
 Less than 25% (25)
 50% (50)
 75% (75)
 More than 75% (100)
- 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**
- All my garbage from today could fit into a:** _____
 Shoebox (20)
 Small garbage can (60)
 Kitchen garbage can (200)
 No garbage created today! (-50)
 - I recycle all my paper, cans, glass and plastic:** (-100) _____
 - I reuse items rather than throw them out** (-20) _____
 - I repair items rather than throw them out** (-20) _____
 - I avoid disposable items as often as possible** _____
 Yes (-50)
 No (60)
 - I use rechargeable batteries whenever I can** (-30) _____
 - 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)
 - 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 lived 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