Name:_____ Period:_____ Date:_____

Unit: Sustainability

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:

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:

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: _____

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:

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)

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:

Energy Use   **My Score**

1. In cold moths, our house temperature is:

_____

     Under 15oC (59oF) (-20)
     15 to 18oC (59 to 64oF) (50)
     19 to 22oC (66 to 71oF) (100)
     22oC (71oF) 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:

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 o 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
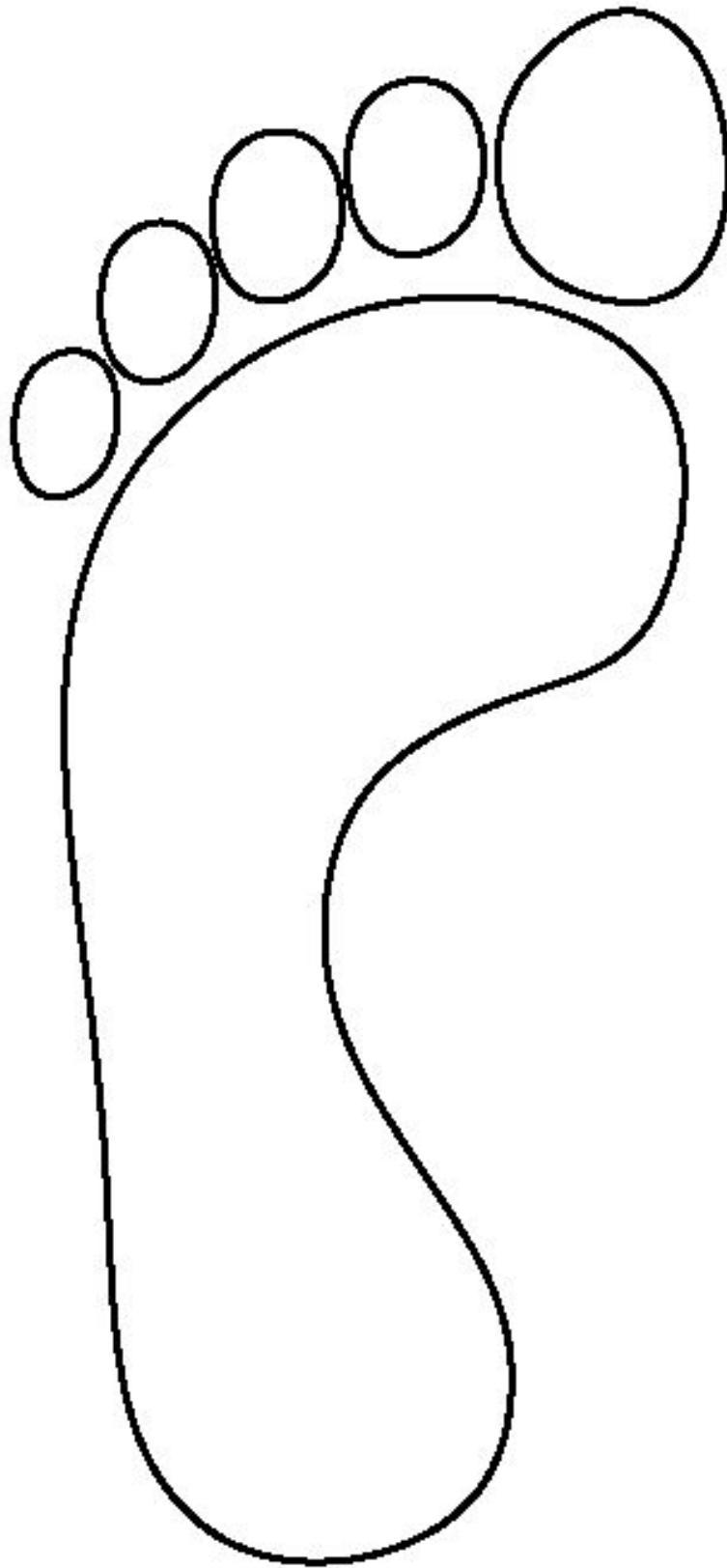   **Italy: 9 acres**
    Pakistan: Less than 2 acres

Mastery Check:

How does your ecological footprint compare to others in your class? To other countries?

What areas are you doing well at in terms of ecological impact? What areas are you doing poorly in?

In the areas you are doing poorly in for ecological footprint/impact, how can you improve your score? Are there other factors that limit or prevent you from improving this score?

On the footprint, write how many Earths and acres you need to support your lifestyle.

Then draw around it: pictures or words relating to your ecological footprint and "green"

practices. Then cut it out and put your name on the back. Use color!