



ECOLOGICAL FOOTPRINT

Complete each of the categories for a typical day in your home. The grand total will reveal your ecological footprint.

WATER USE

My score

1. My shower (or bath) on a typical day is:
 - a. No shower / no bath (0)
 - b. Short shower 3 or 4 times per week (25)
 - c. Short shower once per day (50)
 - d. Long shower once per day (70)
 - e. More than one shower per day (90)
2. I flush the toilet:
 - a. Every time I use it (40)
 - b. 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:

FOOD

My score

1. On a typical day, I eat:
 - a. Meat more than once per day (600)
 - b. Meat once per day (400)
 - c. Meat a couple of times per week (300)
 - d. Vegetarian (200)
 - e. Vegan (150)
2. _____ of my food is grown locally or is organic:
 - a. All (0)
 - b. Some (30)
 - c. None (60)
3. I compost my fruit/vegetable scraps/peels:
 - a. Yes (-20)
 - b. No (60)
4. _____ of my food is processed:
 - a. All (100)
 - b. Some (30)
 - c. None (0)
5. _____ of my food is packaged:
 - a. All (100)
 - b. Some (30)
 - c. None (0)
6. On a typical day, I waste:
 - a. None of my food (0)
 - b. One fourth of my food (25)
 - c. One third of my food (50)
 - d. Half of my food (100)

Food subtotal:

TRANSPORTATION

My score

1. On a typical day, I travel by:
 - a. Foot or bike (0)
 - b. Public transit / school bus (30)
 - c. Private vehicle, carpool (100)
 - d. Private vehicle, single person (200)
2. Our vehicle's fuel efficiency is:
 - a. Less than 8 L / 100 km (-50)
 - b. 8 to 10 L / 100 km (50)
 - c. 11 to 14 L / 100 km (100)
 - d. More than 14 L / 100 km (200)
3. The time I spend in vehicles on a typical day is:
 - a. No time (0)
 - b. Less than half an hour (40)
 - c. Half an hour to an hour (100)
 - d. More than one hour (200)
4. How big is the car in which I travel on a typical day:
 - a. No car (20)
 - b. Small (50)
 - c. Medium (100)
 - d. Large (SUV) (200)
5. Number of cars in our driveway:
 - a. No car (-20)
 - b. Less than one car per driver (0)
 - c. One car per driver (50)
 - d. More than one car per driver (100)
 - e. More than two cars per driver (200)
6. Number of flights I take per year (leisure+work):
 - a. None (0)
 - b. One or two (200)
 - c. More than two (400)

Transportation subtotal:

SHELTER

My score

1. My house is:
 - a. Single house (suburbia) (50)
 - b. Single house on a small lot (city) (0)
 - c. Townhouse/Attached house (0)
 - d. Apartment (-50)
2. Divide number of rooms per person, by the number of people living at home
 - a. One room per person or less (-50)
 - b. 1-2 rooms per person (0)
 - c. 2-3 rooms per person (100)
 - d. More than 3 rooms per person (200)
3. We own a second or vacation home that is often empty:
 - a. No (0)
 - b. Yes, we use it with others (200)
 - c. Yes (400)

Shelter subtotal:

Thanks to the
Institute for Sustainable Energy
www.centreforenergy.com


ENERGY USE

My score

1. In cold months, we keep the temperature:
 - a. Between 15°C and 18°C (50)
 - b. Between 19°C and 22°C (100)
 - c. At 22°C or more (150)
2. We dry our clothes outdoors or on an indoor rack
 - a. Always (-50)
 - b. Sometimes (20)
 - c. Never (60)
3. We use an energy-efficient refrigerator
 - a. Yes (20)
 - b. No (60)
4. We have a second refrigerator / freezer
 - a. Yes (100)
 - b. No (0)
5. We use 5 or more compact fluorescent light bulbs (CFL's)
 - a. Yes (50)
 - b. No (100)
6. We turn off lights, computer and television when they are not in use:
 - a. Yes (0)
 - b. No (50)
7. To cool off in summer, I use:
 - a. My car's air conditioner (50)
 - b. My home's air conditioning unit (100)
 - c. Electric fan (-10)
 - d. Nothing (-50)
8. My clothes washer is:
 - a. An old machine (100)
 - b. Energy efficient (50)
 - c. Laundromat (25)

Energy use subtotal:

CLOTHING

My score

1. I change my outfit every day and put it in the laundry after wearing (80)
2. I am wearing clothes that have been mended or fixed (-20)
3. One fourth of my clothes are either handmade or "second hand" (-20)
4. Most of my clothes are purchased new each year (200)
5. I give clothes I no longer wear to a thrift store:
 - a. Yes (-50)
 - b. No (100)
6. I never wear ___% of the clothes in my closet:
 - a. Less than 25% (25)
 - b. 50% (50)
 - c. 75% (75)
 - d. More than 75% (100)
7. I buy ___ new pairs of shoes every year
 - a. 0-1 (0)
 - b. Between 2 and 3 (20)
 - c. Between 4 and 6 (60)
 - d. 7 or more (90)

Clothing subtotal:

STUFF

My score

1. All my garbage from today could fit in a:
 - a. Shoebox (20)
 - b. Small garbage can (60)
 - c. Kitchen garbage can (200)
2. I recycle all my paper, cans, glass and plastics (-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:
 - a. Yes (-50)
 - b. No (60)
6. I use rechargeable batteries whenever I can (-30)
7. We have ___ number of electronics (i.e.: computer, stereo, iPod, TV, etc...)
 - a. 0-5 (25)
 - b. 5-10 (75)
 - c. 10-15 (100)
 - d. More than 15 (200)
8. How much equipment is needed for typical activities (sports, arts)?
 - a. None (0)
 - b. Very little (20)
 - c. Some (60)
 - d. A lot (80)

Stuff subtotal:

SUMMARY

Transfer your subtotals from each of the sections above and add them together

Water use _____
Food _____
Transportation _____
Shelter _____
Energy use _____
Clothing _____
Stuff _____

Grand total _____

÷ 300 =

PLANETS

If everyone lived like I do, we would need that many planets to sustain the people of the world.

Worldwide, there are 1.8 biologically productive hectares available per person and this does not include all of the hectares needed by plants and animals.

Average ecological footprints for:

- Canada: 8.9 hectares/person
- Italy: 3.6 hectares/person
- Pakistan: 0.8 hectares/person