## PEREEONETE EO-FOOTPPRINT CEICUILETRR

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.


|  | - More than 2 cars (+100) |
| :---: | :---: |
| 6 | The time I usually spend flying each year is __ |
|  | - 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 |
|  | - $\mathrm{No}(0)$ |
|  | - Yes (+150) |
| 8 | On a typical day, I walk/run for $\qquad$ Total of all for one typical day here |
|  | - 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

- Under $59^{\circ} \mathrm{F}(+30)$
- 59 t0 $64^{\circ} \mathrm{F}(+50)$
- 65 to $70^{\circ} \mathrm{F}(+80)$
- $71^{\circ} \mathrm{F}$ or above (+120)

2 In summer, our house temperature is usually

- Over $82^{\circ} \mathrm{F}(+20)$
- $77-82^{\circ} \mathrm{F}(+50)$
- $\quad 72-76^{\circ} \mathrm{F}(+80)$
- Under $72^{\circ} \mathrm{F}(+120)$

3 We dry clothes outdoors or an indoor rack

- 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

- All/nearly lamps (+20)
- Some lamps (+50)
- $\quad$ None (+100)

7 I usually DO NOT turn off my _ when not in use. Total of all for one typical day here

- 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

- 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

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. |
|  | - Less than 25\% (+20) |
|  | - Around 50\% (+40) |
|  | - Around 75\% (+60) |
|  | - More than 75\% (+80) |
| 8 | I have pairs of shoes. |
|  | - 2 to 3 (+20) |
|  | - 4 to $6(+40)$ |
|  | - 7 to 10 (+80) |
|  | - 11 or more (+100) |

## STUFF

Score
1 All my garbage from today could fit into a

- 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.

- Nearly always (0)
- Often (30)
- Sometimes (+60)
- Hardly ever (+120)

3 I recycle my paper, cans, glass and plastic.

- Always/Nearly always (0)
- Often (30)
- Sometimes (+60)
- Hardly ever (+120)

4 I avoid disposable items.

- 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.

- Often or usually (0)
- Sometimes (+60)
- $\quad$ Never or hardly ever (+120)

8 Add one point for each dollar you spend in a typical day.

STUFF SUB-TOTAL
SUMMARY: 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.

| Water Use |  |
| ---: | ---: |
| Food |  |
| Shelter |  |
| Transportation |  |
| Energy Use |  |
| Clothing |  |
| Stuff |  |
| Grand Total |  |
| Divide by 100 to calculate your eco-footprint <br> (An average footprint in the U.S. is 25.) |  |

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

