## PERSONAL ECO-FOOTPRINT CALCULATOR

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.

WATER USACE         Solve           1         My shower/no bath (0)			Case	• None (0)	
<ul> <li>No shower/no bath (d) </li> <li>I and the staft (d) </li> <li>Seminutes longine-fourth full tab (+20)</li> <li>I and more minutes longine-fourth full tab (+20)</li> <li>I and more minutes longine-fourth full tab (+20)</li> <li>I be the staft (d) </li> <li>Every time is usal (+40)</li> <li>Sometimes (+40)</li> <li>Sometimes (+40)</li> <li>I number of all cosms per person (4+0)</li> <li>I be the staft (d) </li> <li>I be the staft</li></ul>		WATER USAGE	Score		
<ul> <li>1-2 minutes long/one-fourth full tab (+20)</li> <li>3-3 definition is of (+20)</li> <li>10 or more minutes long/full tab (+20)</li> <li>11 musher of a far (-20)</li> <li>12 minutes is (+60)</li> <li>3 When I brash my teeth, I let the water run.</li> <li>Every time I brash (+60)</li> <li>3 When I brash my teeth, I let the water run.</li> <li>Every time I brash (+60)</li> <li>3 Wen I brash my teeth, I let the water run.</li> <li>5 Sometimes (+20)</li> <li>13 Water Hall (+60)</li> <li>14 We use low-flow showerheads and facets. (-20)</li> <li>14 We use low-flow showerheads and facets. (-20)</li> <li>15 In summer, we usually water the laws:</li> <li>1000-1499 sq ft (+100)</li> <li>2 The size of my home is.</li> <li>1000-1499 sq ft (+100)</li> <li>2 The size of my home is.</li> <li>1000-1499 sq ft (+40)</li> <li>2 Showsher daily, even when not ft (140)</li> <li>3 When I travel, I usually stay in a</li> <li>1000-1499 sq ft (+40)</li> <li>2 Showsher daily, even when not ft (140)</li> <li>3 When I travel, I usually stay in a</li> <li>1000-1499 sq ft (+40)</li> <li>3 When I travel, I usually stay in a</li> <li>1000-1499 sq ft (+40)</li> <li>3 When I travel, I usually stay in a</li> <li>1000-1499 sq ft (+40)</li> <li>1000-1499 sq ft (+40)&lt;</li></ul>	1	My shower/bath on a typical day is:		One-fourth (+40)	
• 3-6 minutes toghalf ull tub (+40)             • 10 or more minutes toghalf ull tub (+80)               For more		<ul> <li>No shower/no bath (0)</li> </ul>		• Half (+60)	
<ul> <li>3-6 minutes longhalf full tub (+40)</li> <li>10 or more minutes longhalf full tub (+40)</li> <li>11 Number of more minutes longhalf full tub (+40)</li> <li>Server time I use (1 (+60)</li> <li>Sometimes (+20)</li> </ul> Sometimes (+40)         Sometimes		<ul> <li>1-2 minutes long/one-fourth full tub (+20)</li> </ul>		More than half (+200)	
• 10 or more minutes long/hill tub (+80)         Secore           • Intush the toleit:         • Sometimes (+20)         Sometimes (+20)         Sometimes (+20)           • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Every time brush ry teeth, I let the water run.         • Z to 2 momen per person (+40)         • Z to 2 momen per person (+40)           • Unit person teed of the day (+20)         • We every water or lethon (+20)         • Z the second run run run ()         • The second run run run ()         • Every time i tush run run ()         • Every time i tush run run ()         • Every time i tush run run run ()         • Every time i tush run run run ()         • Every time i tush run run run ()         • Every time i tush run run ()         • Every time i tush run run run ()         • Every time i tush run run run ()         • Every time i tush run run run ()         • Every time i tush run run run ()         • Every time i tush run run run ()         • Every time i tush r		<ul> <li>3-6 minutes long/half full tub (+40)</li> </ul>			
2       1 Tubes the totiet:         • Every time is in (+60)         • Sometimes (+20)         • When brush my teeth, liet the water run         • Every time is brush (+60)         • Sometimes (+40)         • Nover (0)         • Nover (0)         • Bendy think moments (+40)         • Sometimes (+40)         • Every time is brush (+60)         • Nover (0)         • Bendy think moments (+40)         • Every time is brush (+60)         • Every time is brush (+40)         • Every time is brush (+40)         • Every time is brush (+40)         • We use how water conging work men not till (+40)         • We generally wash our dishes bry:         • We generally wash our dishes bry:         • Brush (+100) minse water running (+60)         • Mine (+100) minse water running (+60)         • Mine (+100) minse water running (+60)         • Mine (+100) minse size)      <		<ul> <li>10 or more minutes long/full tub (+80)</li> </ul>			Seere
• Sometimes (420)           3         When Livsh my teerk. Lift the water run.           • Every time loush (+60)         •           • Sometimes (+40)         •           • Never (0)         •           • We use low-flow show-freads and faucets. (-20)         •           • Burly the morning or late at night. (+50)         •           • Every time low-flow show-freads and faucets. (-20)         •           • Burly the morning or late at night. (+50)         •           • We use vertice of my home's tage at night. (+50)         •           • We generally wash our dishes by:         •           • We generally wash our dishes by:         •           • By hand using 2 busins filled for washkrinae (+20)         •           • We generally wash our dishes by:         •           • We generally wash our dishes by:         •           • By hand using 2 busins filled for washkrinae (+20)         •           • We generally wash our dishes by:         •           • On a typical day, least:         •           • On a typical day least:         •           • We generally wash our dishes by:         •           • By hand using 2 busins filled for washkrinae (+20)         •           • We generally wash our dishes by:         •           • On a typical day,	2	I flush the toilet:			Score
3         When I brush my beth, I let the water run.         Immber of people living at home.)           4         We ret yime I brush (+60)           5         Somatimes (+60)           4         We ret yime I brush (+60)           5         In summer, we usually water the laws:           6         Basic of the second flow showerheads and faucets. (-20)           7         To more rooms per person (+140)           8         Early in the morning or lats at night. (+50)           9         Basic of the second flow showerheads and faucets. (-20)           6         We generally water the laws:           9         By dahwasher of ally, even when not tall (+80)           9         By dahwasher of ally, even when not tall (+80)           9         By dahwasher of ally, even when is fall (+40)           9         By dahwasher of ally water forming. (+60)           9         By dahwasher of ally water form is all (+40)           9         By dahwasher of ally water forming. (+60)           9         Mert Row Se 200 my hord is precessed. </th <th></th> <th><ul> <li>Every time I use it (+60)</li> </ul></th> <th>1</th> <th></th> <th></th>		<ul> <li>Every time I use it (+60)</li> </ul>	1		
<ul> <li>Fewer than 2 comes per person (+20)</li> <li>Somatimes (+40)</li> <li>Newer (0)</li> <li>Somatimes (+40)</li> <li>Newer (1)</li> <li>Somatimes (+40)</li> <li>Newer (1)</li> <li>The size of my home is</li> <li>Early in the morning or late at night, (+50)</li> <li>During the middle of the day (+120)</li> <li>We have xenscaping which requires little water our lawn. (0)</li> <li>We have xenscaping which requires little water number (+40)</li> <li>By dishwasher, only when its full (+40)</li> <li>Bed (+150)portion - 2 ez.)</li> <li>Ford (1)</li> <li>Althearly all (0)</li> <li>Middle (+20)portion - 2 ez.)</li> <li>Frait (+20)portion - 2 ez.)</li> <li>Some (+40)portion - 2 ez.)</li> <li>None (+20)</li> <li>Middle (+20)portion - 2 ez.)</li> <li>Frait (+20)portion - 2 ez.)</li> <li>Some (+40)portion - 2 ez.)</li> <li>Some (+40)</li> <li>Middle (+20)portion - 2 ez.)</li> <li>Some (+40)portion - 2 ez.)</li> <li>Some (+40)</li> <li>Mone (+20)</li> <li>Middle (+20)portion - 2 ez.)</li> <li>Some (+40)</li> <li>Mone (+20)</li> <li>Middle (+20)portion - 2 ez.)</li> <li>Some (+40)</li> <li>Middle (+20)portion - 2 ez.)</li> <li>Some (+40)</li> <li>Mone (+20)</li> <li>Middle (+20)portion - 12 eup)</li> <li>Althearly all (0)</li> <li>Mone (+20)</li> <li>Some (+40)</li> <li>Mone (+20)</li> <li>Mone (+20)</li> <li>None (+20)</li></ul>		Sometimes (+20)			
<ul> <li>Somatimes (-40)</li> <li>Som</li></ul>	3	When I brush my teeth, I let the water run.			
- Data (140)           4         Weer (0)           4         We tool tow-flow showerhaads and faucets. (-20)           5         In summer, we usually water the lawn:           • Early in the morning or late at right. (+50)           • During the midde of the day (+120)           • We have xeriscipting which requires little water our lawn. (0)           6         We generally wash our dishes by:           • By dishwasher daily, even when not full (+80)           • By dishwasher, only when it stull (+40)           • By dishwasher, only when it stull (+40)           • By dishwasher, only when it stull (+40)           • Bod (+150)portion - 2 ac.)           • Chicken (+100)portion - 2 ac.)           • Front (+20)portion - 2 ac.)           • Front (+20)portion - 2 ac.)           • Chicken (+100)portion - 2 ac.)           • Front (+20)portion - 12 acu)           • Milk/dairy (+40)portion - 2 ac.)           • Front (+20)portion - 12 acu)           • Milk/dairy (+40)portion - 3 ac.)           • Front (+20)portion - 12 acu)           • Milk/dairy (+40)portion - 12 acu)           • All/nearly all (0)           • More (+20)           • More (+20)           • Milk/dairy (+40)           • Vee (+20)           • Front (+20)		<ul> <li>Every time I brush (+60)</li> </ul>			
4       We use tow-flow showerheads and faucets. (-20)         5       In summer, we usually water the lawn:         6       We generally uses our diske shiph. (+50)         9       During the middle of the day (+120)         9       We generally uses our diske shiph. (+50)         9       We generally uses our diske shiph. (+50)         9       By disknasher durit, even when not full (+80)         9       By disknasher durit, even when not full (+80)         9       By disknasher, dury when it is sull (+40)         9       By disknasher, dury when it is full (+40)         9       By disknasher, dury when it is full (+40)         9       By disknasher, dury when it is full (+40)         9       By disknasher, dury when it is full (+40)         10       On a typical day, I dart       Total all items here item the disk (+40) portion - 2 oz)         9       Egg (+40) portion - 2 oz)       Egg (+40) portion - 2 oz)         9       Milkidairy (+40) portion - 2 oz)       Stell ters (sub-rotal, day, I tarvel by		Sometimes (+40)			
5       In summer, we usually water the lawn:       [0]         5       In summer, we usually water the lawn:       [0]         6       Early in the moning or late at hight. (±50)       [1]         9       During the midde of the day (±120)       [2]         9       We have xeriscaping which requires little water running. (±60)       [2]       [1]         9       By dishwasher daily, even when not full (±40)       [3]       [1]       [1]       [1]         9       By dishwasher, only when it is full (±40)       [4]       [4]       [1		Never (0)			
<ul> <li>Early in the moning or late at night. (+50)</li> <li>During the middle of the day (+120)</li> <li>We have xentscaping which requires little watering (+10)</li> <li>We generally wash our dishes by:</li> <li>By dishwasher day, even when not full (+80)</li> <li>By hand with rinse water running. (+60)</li> <li>By thand with rinse water running. (+60)</li> <li>Chicken (+100/portion - 2 oz.)</li> <li>Forme fish (+40)portion - 2 oz.)</li> <li>Forme fish (+40)portion - 2 oz.)</li> <li>Forme fish (+40)portion - 1 gag)</li> <li>Chicken (+100/portion - 1 gag)</li> <li>Milkidariy (+40/portion - 1 gag)</li> <li>Milkidariy (+40)portion - 1 gag)</li> <li>All/nearly all (0)</li> <li>None (+40)</li> <li>None (0)<th>4</th><th>We use low-flow showerheads and faucets. (-20)</th><th></th><th></th><th></th></li></ul>	4	We use low-flow showerheads and faucets. (-20)			
<ul> <li>Learning the middle of the day (412) (00)</li> <li>During the middle of the day (412) (00)</li> <li>We have xeliscaping which requires little watering (410)</li> <li>We never water our lawn. (0)</li> <li>We generally wash our dishes by:</li> <li>By dashwasher daily, even when not full (480)</li> <li>By dishwasher daily, even when not full (480)</li> <li>By dishwasher, only when it is full (440)</li> <li>By dishwasher, only when on the full (440)</li> <li>By dishwasher, etail (160)</li> <li>Some (440)</li> <li></li></ul>	5	In summer, we usually water the lawn:	2		
We have xelection account of the second		• Early in the morning or late at night. (+50)			
watering (+10)       • We never water our lawn. (0)         • We never water our lawn. (0)       • 500-999 sq (+40)         • By dishwasher daily, even when not full (+80)       • 100-499 sq (+40)         • By dishwasher daily, even when not full (+80)       • 600-999 sq (+40)         • By dishwasher, only when it is full (+40)       • 600-999 sq (+40)         • By dishwasher, only when it is full (+40)       • ent (0)         • By dishwasher, only when it is full (+40)       • ent (0)         • By dishwasher, only when it is full (+40)       • ent (0)         • By dishwasher, only when it is full (+40)       • ent (0)         • Beef (+50)portion - 2 oz.)       • for the (+40)         • Chicken (+100)portion - 2 oz.)       • Noie (+40)         • Farmed fish (+40/portion - 2 oz.)       • Noie (+40/portion - 1 og.)         • Farmed fish (+40/portion - 2 oz.)       • Noie (+20)         • Milkdairy (+40/portion - 2 oz.)       • Noie (+20)         • Milkdairy (+40/portion - 2 oz.)       • Noie (+20)         • Milkdairy (+40/portion - 2 oz.)       • Noie (+20)         • Milkdairy (+40/portion - 1 og.)       • Foot 0         • Milkdairy (+40/portion - 2 oz.)       • Foot 0         • Milkdairy (+40)       • Eost (+20)         • Milkdairy (+40)       • Eost (+20)         • Milkedairy (+20)       <		<ul> <li>During the middle of the day (+120)</li> </ul>			
• We nover water our lawn. (0)         6       We generally wash our dishes by:         • By dishwasher, or daily, even when not full (+80)         • By hand with rinse water running. (+60)         • By hand using 2 basins filled for wash&rinse (+20)         • WatTer USE SUB-TOTAL         • Chicken (+150/portion - 2 oz.)         • Chicken (+160/portion - 2 oz.)         • Farit (+20/portion - 1 egg)         • Mik/dairy (+40/portion - 2 oz.)         • Fruit (+20/portion - 1 egg)         • Mik/dairy (+40/portion - 1 egg)         • Mik/dairy (+40)         • More (+80)         • More (+80)         • More (+80)         • None (+60)         • None (+80)<		We have xeriscaping which requires little			
6       We generally wash our dishes by:         8       By dishwasher daily, even when not full (+80)         9       By dishwasher daily, even when not full (+80)         9       By dishwasher daily, even when not full (+80)         9       By dishwasher daily, even when not full (+80)         9       By dishwasher daily, even when not full (+80)         9       By dishwasher, only when it is full (+40)         9       By dishwasher, only when it is full (+40)         9       Watter USE SUB-TOTAL         9       ForDD         9       Score         1       On a typical day, leat:         1       On a typical day, leat:         0       Fordbing         2       Chicken (+100/protion - 2 oz.)         4       We own a second, or vacation home that is offere ampty.         1       On a typical day, lead:         2       of my food is locally grown.         4       Total all tems for a typical day here>         5       of my food is locally grown.         4       Obso gailons (0)         6       Total all tems for a typical day.		watering (+10)			
By dishwasher daily, even when not full (+80)         By hand with rinse water running, (+60)         Chicken (+100/portion - 2 oz.)         Farmed fish (+400/portion - 2 oz.)         • Frait (+20/portion - 1 egg)         • Frait (+20/portion - 1 egg)         • Frait (+20/portion - 1 egg)         • Very little (+60)         • Nots (+20)					
• By hand with rinse water running. (+60)         • By dishwasher, only when it is full (+40)         • By dishwasher, only when it is full (+40)         • By dishwasher, only when it is full (+40)         • By hand using 2 basis filled for washkinse (+20)         • Watter USE SUB-TOTAL         • FoOD         • Score         • On a typical day, leat:         • Chicken (+100/portion - 2 oz.)         • Farmed fish (+80/portion - 2 oz.)         • Farmed fish (+80/portion - 2 oz.)         • Farmed fish (+40/portion - 1 egg)         • Milk/dairy (+40/portion - 1 egg)         • Milk/dairy (+40/portion - 1 egg)         • Farmed fish (+20)portion - 1 egg)         • Farmed fish (+20)portion - 1 egg)         • Milk/dairy (+40/portion - 1 egg)         • Milk/dairy (+40/portion - 1 egg)         • All/nearly all (0)         • All/nearly all (0)         • Most (+20)         • None (+80)         • All/nearly all (0)         • None (+80)         • None (+40)         <	6				
• By dishwasher, only when it is full (+40)         • By hand using 2 basins filed for wash&rinse (+20)         • WATER USS SUB-TOTAL         • Chicken (+150/portion - 2 oz.)         • Chicken (+100/portion - 2 oz.)         • Chicken (+100/portion - 2 oz.)         • Karter USS (+40/portion - 1 egg)         • Karter USS (+40/portion - 1/2 cup)         • All/nearly all (0)         • Nost (+20)         • Nost (+20)         • Very little (+60)         • Nose (+80)         • All/nearly all (0)         • None (+80)         • All/nearly all (0)         • None (+80)         • None (+80)         • All/nearly all (0)         • None (+80)         • None (+80)		• By dishwasher daily, even when not full (+80)	3		
• By hand using 2 basins filled for wash&rinse (+20)         WATER USE SUB-TOTAL         • ODD		<ul> <li>By hand with rinse water running. (+60)</li> </ul>			
Image: Source of the system of the syste					
FOOD       Score         1       On a typical day, I eat:       Total all items here>         •       Bised (+150/portion - 2 oz.)         •       Chicken (+100/portion - 2 oz.)         •       Farmed fish (+80/portion - 2 oz.)         •       Eggs (+40/portion - 1 egg)         •       Milk/dairy (+40/portion - 1 egg)         •       Fruit (+20/portion - 1 fist size)         •       Vegetables (+20/portion - 11/2 cup)         •       Foot (0)         •       Some (+40)         •       Nos (+20)         •       Nos (+20)         •       Nos (+20)         •       Nos (+20)         •       Some (+40)         •       None (+80)         3       of my food is organic.         •       All/nearly all (0)         •       Nome (+80)         4       Immediation of the optices on a typical day.         •       Nome (+80)         4       Immediation optices on a typical day.         •       Nome (+80)         •		• By hand using 2 basins filled for wash&rinse (+20)			
1       On a typical day, I eat: Total all items here ▶         1       On a typical day, I eat: Total all items here ▶         2       Beef (+150/portion - 2 oz.)         •       Farmed fish (+80/portion - 2 oz.)         •       Wid fish (+40/portion - 2 oz.)         •       Milk/dairy (+40/portion - 8 oz.)         •       Fort (+20/portion - 1/2 cup)         •       Fort (0)         •       None (+80)         3       of my food is organic.         •       All/nearly all (0)         •       None (+80)		WATER USE SUB-TOTAL			
1       On a typical day, I eat:       Total all items here ▶         •       Beef (+150/portion - 2 oz.)         •       Farmed fish (+80/portion - 2 oz.)         •       Farmed fish (+80/portion - 2 oz.)         •       Wild fish (+40/portion - 2 oz.)         •       Mik/dairy (+40/portion - 2 oz.)         •       Mik/dairy (+40/portion - 2 oz.)         •       Mik/dairy (+40/portion - 2 oz.)         •       Farmed fish (+80/portion - 1 egg)         •       Farmed fish (+40/portion - 1/2 cup)         •       Froit (+20/portion - 1/2 cup)         •       Grains: bread, cereal, rice (+20/portion1/2 cup)         •       Most (+20)         •       Most (+20)         •       Some (+40)         •       None (+80)         3       -         •       All/nearly all (0)         •       None (+80)         •       None (+80)         •       None (+80)         •       All/nearly all (0)         •       None (+60)         •       None (+60)<		FOOD	Score		
• Beef (+150/portion - 2 oz.)         • Chicken (+100/portion - 2 oz.)         • Parmed fish (+80/portion - 2 oz.)         • Wild fish (+40/portion - 2 oz.)         • Wild fish (+40/portion - 2 oz.)         • Eggs (+40/portion - 2 oz.)         • Mo (0)         • Eggs (+40/portion - 1 ogg)         • Fruit (+20/portion - 1/2 cup)         • Fruit (+20/portion - 1/2 cup)         • Grains: bread, cereal, rice (+20/portion1/2 cup)         • All/nearly all (0)         • None (+40)         • Vegtables (+20)         • None (+40)         • Very little (+60)         • None (+40)         • None (+40)         • None (+40)         • None (+40)         • All/nearly all (0)         • None (+40)         • None (+40)         • None (+40)         • All/nearly all (0)         • None (+60)         • None (+60)         • All/nearly all (60)         • None (+60)         • None (+60) <th>1</th> <th></th> <th>4</th> <th></th> <th></th>	1		4		
• Chicken (+100/portion - 2 oz.)         • Not (0)           • Farmed fish (+80/portion - 2 oz.)         • We own/use it with others. (+100)           • Eggs (+40/portion - 1 egg)         • Yes (+200)           • Firkit (+20/portion - 1 egg)         • SteLTER SUB-TOTAL           • Vegetables (+20/portion - 1 egg)         • Yes (+200)           • Vegetables (+20/portion - 1/2 cup)         • Foot (0)           • All/nearly all (0)         • Foot (0)           • None (+40)         • Carapol in private vehicle (+50 per use)           • None (+40)         • Orny food is organic.           • All/nearly all (0)         • Orne (+40)           • None (+40)         • Orne that is nour (+20)           • All/nearly all (0)         • Orne that nour (+20)           • All/nearly all (0)         • Orne that nour to none nour + (40)           • None (+60)         • None (+60)           • All/nearly all (60)         • None (+60)           • Most (+20)         • None (+60)           • Most (+20)         • None (+60)           • Most (+20)         • Sorane (+20)           • Most (	-			often empty.	
<ul> <li>Farmed fish (+80/portion - 2 oz.)</li> <li>Wild fish (+40/portion - 2 oz.)</li> <li>Wild fish (+40/portion - 2 oz.)</li> <li>SHELTER SUB-TOTAL</li> <li>Yes (+200)</li> <li>SHELTER SUB-TOTAL</li> <li>Yes (+200)</li> <li>Struct (+20/portion - 1s to zz.)</li> <li>Fruit (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>Most (+20)</li> <li>None (+40)</li> <li>Very little (+60)</li> <li>Very little (+60)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>Very little (+60)</li> <li>Very l</li></ul>				- (-)	
• Wild fish (+40/portion - 2 oz.)       • Yes (+200)         • Eggs (+40/portion - 1 egg)       •         • Milk/dairy (+40/portion - 6 oz.)       •         • Fruit (+20/portion - fist size)       •         • Vegetables (+20/portion - 1/2 cup)       •         • Grains: bread, cereal, rice (+20/portion1/2 cup)       •         • All/nearly all (0)       •         • None (+80)       •         • None (+80)       •         • All/nearly all (0)       •         • All/nearly all (0)       •         • None (+80)       •         • All/nearly all (0)       •         • None (+80)       •         • None (+80)       •         • All/nearly all (0)       •         • None (+80)       •         • All/nearly all (0)       •         • None (+80)       •         • None (+80)       •         • All/nearly all (0)       •         • All/nearly all (0)       •         • All/nearly all (0)       •         • None (+80)       •         • All/nearly all (0)       •         • None (+80)       •         • All/nearly all (60)       •         • No car (-20)       • <th></th> <td></td> <td></td> <td></td> <td></td>					
• Eggs (+40/portion - 1 egg)       Stell ter Sub-FOTAL         • Milk/dairy (+40/portion - 8 oz.)       • Milk/dairy (+40/portion - 1/2 cup)         • Crains: bread, cereal, rice (+20/portion1/2 cup)       • Foot (0)         • All/nearly all (0)       • Foot (0)         • Most (+20)       • Foot (0)         • Most (+20)       • Bike (+5 per use)         • Very little (+60)       • Public transit (+10 per use)         • None (+80)       • Carpool in private vehicle (+50 per use)         • Most (+20)       • Carpool in private vehicle (+100 per use)         • None (+80)       • Of my food is organic.         • Most (+20)       • Of my food is organic.         • None (+80)       • 40-50 gallons (0)         • None (+80)       • Under 20 (+80)         • None (+80)       • Under 20 (+80)         • None (+80)       • Less than half an hour (+20)         • All/nearly all (0)       • Most (+40)         • Most (+20)       • Most (+40)         • Most (+40)       • Most (+40)         • All/nearly all (60)       • Most (+40)         • All/nearly all (60)       • Most (+40)         • None (+0)       • Most (+40)         • None (+20)       • Somal (-20)         • None (0)       • Most (+40)         • Nono					
• Milk/dairy (+40/portion - 8 oz.)       • Fruit (+20/portion - 1/st size)       • On a typical day, I travel by       • Store         • Fruit (+20/portion - 1/z cup)       • On a typical day, I travel by       • Total all items for a typical day here ▶       •         • Grains: bread, cereal, rice (+20/portion1/2 cup)       • Foot (0)       •       •       •         • All/nearly all (0)       •       •       •       •       •         • Some (+40)       •       •       •       •       •       •       •       •         • None (+80)       •				SHELTER SUB-TOTAL	
• Fruit (+20/portion - fist size)       1       On a typical day, I travel by         • Vegetables (+20/portion - 1/2 cup)       • Grains: bread, cereal, rice (+20/portion1/2 cup)       • Foot (0)         2					
• Vegetables (+20/portion - 1/2 cup)         • Grains: bread, cereal, rice (+20/portion1/2 cup)         • Foot (0)         • Foot (0)         • All/nearly all (0)         • Most (+20)         • None (+40)         • Very little (+60)         • All/nearly all (0)         • None (+80)         • All/nearly all (0)         • None (+80)         • All/nearly all (0)         • Some (+40)         • None (+80)         • All/nearly all (0)         • None (+60)         • None (+60)         • All/nearly all (				TRANSPORTATION	Score
• Grains: bread, cereal, rice (+20/portion1/2 cup)           2		Milk/dairy (+40/portion - 8 oz.)	1		Score
2       of my food is locally grown.         • All/nearly all (0)       • Bike (+5 per use)         • Most (+20)       • Public transit (+10 per use)         • Some (+40)       • Carpool in private vehicle (+50 per use)         • Very little (+60)       • Drive alone in private vehicle (+100 per use)         • All/nearly all (0)       • All/nearly all (0)         • All/nearly all (0)       • All/nearly all (0)         • Most (+20)       • Or my food is organic.         • All/nearly all (0)       • All/nearly all (0)         • None (+80)       • All/nearly all (0)         • None (+40)       • Under 20 (+80)         • None (+40)       • Under 20 (+80)         • None (+80)       • No time (0)         • All/nearly all (0)       • Not ime (0)         • All/nearly all (0)       • No time (0)         • All/nearly all (0)       • Not ime (0)         • All/nearly all (60)       • No time (10)         • Most (+20)       • No tar (-20)         • All/nearly all (60)       • Most (+40)         • None (0)       • Most (+40)         • None (0)       • Most (+40)         • None (0)       • Most (+20)         • None (0)       • Most (+20)         • None (0)       • Most (+20)		<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> </ul>	1	On a typical day, I travel by	Score
• All/nearly all (0)       • Public transit (+10 per use)         • Most (+20)       • Ride a motorcycle or motor bike (+20 per use)         • Very little (+60)       • Carpool in private vehicle (+50 per use)         • None (+80)       • Drive alone in private vehicle (+100 per use)         • Most (+20)       • Drive alone in private vehicle (+100 per use)         • Most (+20)       • Most (+20)         • Most (+20)       • 30-40 gallons (+20)         • Most (+20)       • Under 20 (+80)         • None (+80)       • Under 20 (+80)         • None (+80)       • No time (0)         • All/nearly all (0)       • No time (0)         • Most (+20)       • No time (0)         • All/nearly all (0)       • No time (0)         • Most (+20)       • More than two hours (+100)         • Most (+20)       • More than two hours (+100)         • Most (+20)       • More than two hours (+100)         • Most (+40)       • More than two hours (+100)         • Most (+40)       • More than two hours (+100)         • Most (+40)       • More than two hours (+100)         • Most (+40)       • More than two hours (+100)         • Most (+40)       • Medium car (+60)         • Most (+40)       • Medium car (+60)         • None (0)       • More (-2		<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> </ul>	1	On a typical day, I travel by Total all items for a typical day here►	Score
• Most (+20)         • Ride a motorcycle or motor bike (+20 per use)           • Some (+40)         • Carpool in private vehicle (+50 per use)           • Very little (+60)         • Drive alone in private vehicle (+100 per use)           • All/nearly all (0)         • 40-50 gallons (0)           • Most (+20)         • 40-50 gallons (0)           • Most (+20)         • 20-30 gallons (+40)           • Most (+20)         • Under 20 (+80)           • None (+80)         • Ispend time in vehicles on a typical day.           • All/nearly all (0)         • Not ime (0)           • All/nearly all (0)         • Not ime (0)           • All/nearly all (0)         • Not ime (0)           • Most (+20)         • Most (+20)           • Most (+40)         • Most (+40)           • Most (+40)         • Medium car (+60)           • Most (+40)         • Medium car (+60)           • None (0)         • Medium car (+60) <tr< th=""><th>2</th><th><ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> </ul></th><th>1</th><th>On a typical day, I travel by Total all items for a typical day here► • Foot (0)</th><th>Score</th></tr<>	2	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> </ul>	1	On a typical day, I travel by Total all items for a typical day here► • Foot (0)	Score
• Some (+40)       • Carpool in private vehicle (+50 per use)         • Very little (+60)       • Drive alone in private vehicle (+100 per use)         • None (+80)       • Ore alone in private vehicle (+100 per use)         • All/nearly all (0)       • 40-50 gallons (0)         • Most (+20)       • 20-30 gallons (+40)         • Very little (+60)       • Under 20 (+80)         • None (+80)       • Under 20 (+80)         • All/nearly all (0)       • Not time (0)         • Most (+20)       • Not time (0)         • All/nearly all (0)       • None (+60)         • Most (+20)       • One-two hours (+60)         • Most (+20)       • Mose the car in which I generally travel?         • Most (+40)       • No car (-20)         • Most (+40)       • Medium car (+60)         • Mose (+20)       • Some (+20)         • None (0)       • Large/SUV (+100)         • No car (-20)       • No car (-20)         • No car (-20)       • No car (-20)         • No car (-20)       • No car (-20)	2	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> </ul>	1	On a typical day, I travel by         Total all items for a typical day here▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)	Score
• Very little (+60)         • Drive alone in private vehicle (+100 per use)           • None (+80)         • My vehicle's fuel efficiency =miles per gal.           • All/nearly all (0)         • 40-50 gallons (0)           • All/nearly all (0)         • 30-40 gallons (+20)           • Some (+40)         • Under 20 (+80)           • None (+80)         • Under 20 (+80)           • All/nearly all (0)         • None (+80)           • All/nearly all (0)         • None (+80)           • All/nearly all (0)         • None (+20)           • Most (+20)         • Less than half an hour (+20)           • Most (+20)         • One-two hours (+60)           • Mone (+60)         • More than two hours (+100)           • Most (+40)         • None (+60)           • Most (+40)         • None (+60)           • Most (+40)         • Most (+40)           • Most (+40)         • Most (+40)           • Most (+40)         • Most (+40)           • Most (+40)         • Most (+60)           • Most (+40)         • Most (+60)           • Most (+20)         • Most (+40)           • Most (+20)         • No car (-20)           • None (0)         • Most (+40)           • None (0)         • Most (+40)           • None (0)	2	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup) <ul> <li>of my food is locally grown.</li> </ul> </li> <li>All/nearly all (0)</li> </ul>	1	On a typical day, I travel by         Total all items for a typical day here▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)	Score
• None (+80)         My vehicle's fuel efficiency =miles per gal.           3	2	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> </ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)	Score
3       of my food is organic.         •       All/nearly all (0)         •       Most (+20)         •       Some (+40)         •       Very little (+60)         •       None (+80)         4       I compost of my fruit/vegetable scraps.         •       All/nearly all (0)         •       All/nearly all (0)         •       All/nearly all (0)         •       All/nearly all (0)         •       Most (+20)         •       All/nearly all (0)         •       Most (+20)         •       Some (+40)         •       None (+60)         •       Most (+20)         •       Most (+40)         •       Most (+20)         •       Most (+20)         •       Most (+40)         •       Most (+40)         •       Most (+20)         •       Most (+20)         •       Most (+20)         •       Most (+20) <th>2</th> <th><ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li> of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> </ul></th> <th></th> <th>On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)</th> <th>Score</th>	2	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li> of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> </ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)	Score
• All/nearly all (0)       • 30-40 gallons (+20)         • Most (+20)       • 20-30 gallons (+40)         • Some (+40)       • Under 20 (+80)         • Very little (+60)       • Under 20 (+80)         • None (+80)       • Not ime (0)         • All/nearly all (0)       • Less than half an hour (+20)         • All/nearly all (0)       • Less than half an hour (+20)         • Most (+20)       • One-two hours (+60)         • Most (+20)       • One-two hours (+60)         • None (+60)       • More than two hours (+100)         • Most (+40)       • No car (-20)         • All/nearly all (60)       • Medium car (+40)         • Most (+40)       • Large/SUV (+100)         • Some (+20)       • Some (+20)         • None (0)       • No car (-20)         • None (0)       • No car (-20)         • No car (-20)       • No car (-20)	2	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li> of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> </ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)	Score
• Most (+20)       • 20-30 gallons (+40)         • Some (+40)       • Under 20 (+80)         • Very little (+60)       • None (+80)         • None (+80)       • No time (0)         • All/nearly all (0)       • Less than half an hour (+20)         • Most (+20)       • Half an hour to one hour + (40)         • None (+60)       • More than two hours (+60)         • None (+60)       • More than two hours (+100)         • All/nearly all (60)       • No car (-20)         • All/nearly all (60)       • Most (+40)         • None ()       • Most (+40)         • None (0)       • Most (+40)         • None (-20)       • Some (+20)         • None (-20)       • Some (+20)         • None (0)       • Large/SUV (+100)         • None (0)       • No car (-20)         • No car (-20)       • 1 car (+40)		<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li> of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> </ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.	Score
• Mode (129)         • Under 20 (+80)           • Some (+40)         • Under 20 (+80)           • None (+80)         • Not ime (0)           • All/nearly all (0)         • Less than half an hour (+20)           • All/nearly all (0)         • Under 20 (+80)           • None (+40)         • Not time (0)           • None (+60)         • Half an hour to one hour + (40)           • None (+60)         • More than two hours (+100)           • None (+60)         • More than two hours (+100)           • All/nearly all (60)         • No car (-20)           • Some (+20)         • Some (+20)           • None (0)         • Most (+40)           • None (0)         • More than two hours (+100)           • None (0)         • No car (-20)           • None (0)         • More ar (+60)           • None (0)         • No car (-20)           • None (0)         • No car (-20)           • No car (-20)         • No car (-20)		<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li> of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> </ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)	Score
• Using (140)         • Very little (+60)         • None (+80)         • All/nearly all (0)         • Most (+20)         • None (+60)         • More (+60)         • More (+60)         • Most (+40)         • All/nearly all (60)         • Most (+40)         • Most (+40)         • None (+60)         • Most (+40)         • Most (+40)         • None (+60)         • Most (+40)         • Most (+40)         • None (+60)         • Most (+40)         • Most (+40)         • None (-20)         • None (0)         • None (-20)         • None (-20)         • None (0)         • None (0)         • None (-20)         • No car (		<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>of my food is organic.</li> <li>All/nearly all (0)</li> </ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         • My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)	Score
<ul> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+60)</li> <li>Some (+60)</li> <li>Most (+40)</li> <li>All/nearly all (60)</li> <li>Most (+40)</li> <li>All/nearly all (60)</li> <li>Most (+40)</li> <li>Some (+20)</li> <li>I car (+40)</li> <li>Some (+20)</li> <li>I car (+40)</li> </ul>		<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> </ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • 20-30 gallons (+40)         • Under 20 (+80)	Score
4       I compost of my fruit/vegetable scraps.         •       All/nearly all (0)         •       Most (+20)         •       Some (+40)         •       None (+60)         •       More than two hours (+100)         •       Most (+40)         •       Most (+40)         •       Most (+40)         •       None (0)         •       None (0)         •       No car (-20)         •       No car (-20) <td< th=""><th></th><th><ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Some (+40)</li> </ul></th><th>2</th><th>On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • 20-30 gallons (+40)         • Under 20 (+80)</th><th>Score</th></td<>		<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Some (+40)</li> </ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • 20-30 gallons (+40)         • Under 20 (+80)	Score
• All/nearly all (0)       • Half an hour to one hour + (40)         • Most (+20)       • One-two hours (+60)         • None (+60)       • More than two hours (+100)         • None (+60)       • More than two hours (+100)         • All/nearly all (60)       • No car (-20)         • All/nearly all (60)       • Medium car (+60)         • Most (+40)       • Large/SUV (+100)         • Some (+20)       • Is the number of cars in our driveway.         • None (0)       • No car (-20)         • No car (-20)       • Is the number of cars in our driveway.         • No car (-20)       • I car (+40)		<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>Very little (+60)</li> </ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • 20-30 gallons (+40)         • Under 20 (+80)         I spend time in vehicles on a typical day.	Score
• Most (+20)       • One-two hours (+60)         • Some (+40)       • More than two hours (+100)         • None (+60)       • More than two hours (+100)         • Most (+60)       • More than two hours (+100)         • All/nearly all (60)       • No car (-20)         • Most (+40)       • Medium car (+60)         • None (+20)       • More than two hours (+100)         • None (0)       • Most (+100)         • None (0)       • Mo car (-20)         • No car (-20)       • Medium car (+60)         • None (0)       • Mo car (-20)         • No car (-20)       • Is the number of cars in our driveway.         • No car (-20)       • No car (-20)	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>Mone (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> </ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • 20-30 gallons (+40)         • Under 20 (+80)         I spend time in vehicles on a typical day.	Score
• Mode (120)         • Some (+40)         • None (+60)         •	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> </ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)	Score
• None (+60)       4       How big is the car in which I generally travel?         • None (+60)       • No car (-20)       • No car (-20)         • All/nearly all (60)       • Medium car (+60)         • Most (+40)       • Medium car (+60)         • None (0)       • Large/SUV (+100)         • None (0)       • No car (-20)         • No car (-20)       • No car (-20)         • No car (-20)       • No car (-20)         • No car (-20)       • I car (+40)	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> </ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)	Score
5       • of my food is processed.         • All/nearly all (60)       • Small car (+40)         • Most (+40)       • Medium car (+60)         • Some (+20)       • Large/SUV (+100)         • None (0)       5         6       On a typical day, I waste (throw out) of my food.	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> </ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)	Score
•       •       •       •       Similary for the processed.         •       •       •       Medium car (+40)         •       •       •       Medium car (+60)         •       •       Large/SUV (+100)         •       •       Image: Similary for the processed.         •       None (0)       •         •       No car (-20)       •         •       1 car (+40)       •	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup) <ul> <li>of my food is locally grown.</li> </ul> </li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> </ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)         • One-two hours (+60)         • More than two hours (+100)	Score
• All/hearly all (60)       • Medium car (+60)         • Most (+40)       • Large/SUV (+100)         • Some (+20)       • Large/SUV (+100)         • None (0)       5         • No car (-20)       • No car (-20)         • 1 car (+40)       • 1 car (+40)	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+80)</li> </ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)         • One-two hours (+60)         • More than two hours (+100)	Score
• Most (+40)         • Large/SUV (+100)           • Some (+20)         • Is the number of cars in our driveway.           • None (0)         • No car (-20)           • No car (+40)         • 1 car (+40)	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)         <ul> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> </ul> </li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> </ul> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+60)</li> <li>None (+60)</li> <li> of my food is processed.</li>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)         • One-two hours (+60)         • More than two hours (+100)	Score
• Some (+20)         5         is the number of cars in our driveway.           • None (0)         • No car (-20)         • No car (-20)           6         On a typical day, I waste (throw out) of my food.         • 1 car (+40)	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li> of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>All/nearly all (0)</li> </ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)         • One-two hours (+60)         • More than two hours (+100)         How big is the car in which I generally travel?         • No car (-20)         • Small car (+40)	Score
• None (0)         • No car (-20)           6 On a typical day, I waste (throw out) of my food.         • 1 car (+40)	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)         <ul> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)                 <ul></ul></li></ul></li></ul>	2	On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)         • One-two hours (+60)         • More than two hours (+100)         How big is the car in which I generally travel?         • No car (-20)         • Small car (+40)	Score
6       On a typical day, I waste (throw out) of         •       No car (-20)         •       1 car (+40)	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)         <ul> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)                 <ul></ul></li></ul></li></ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)         • One-two hours (+60)         • More than two hours (+100)         How big is the car in which I generally travel?         • No car (-20)         • Small car (+40)         • Medium car (+60)         • Large/SUV (+100)	Score
my food.	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+60)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+60)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+60)</li> <li> of my food is processed.</li> <li>All/nearly all (60)</li> <li>Most (+40)</li> <li>Some (+40)</li> </ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • 20-30 gallons (+40)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)         • One-two hours (+60)         • More than two hours (+100)         How big is the car in which I generally travel?         • No car (-20)         • Small car (+40)         • Medium car (+60)         • Large/SUV (+100)	Score
• 2 cars (+60)	3	<ul> <li>Milk/dairy (+40/portion - 8 oz.)</li> <li>Fruit (+20/portion - fist size)</li> <li>Vegetables (+20/portion - 1/2 cup)</li> <li>Grains: bread, cereal, rice (+20/portion1/2 cup)</li> <li>of my food is locally grown.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li> of my food is organic.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>Very little (+60)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+80)</li> <li>I compost of my fruit/vegetable scraps.</li> <li>All/nearly all (0)</li> <li>Most (+20)</li> <li>Some (+40)</li> <li>None (+60)</li> <li> of my food is processed.</li> <li>All/nearly all (60)</li> <li>Most (+40)</li> <li>Some (+40)</li> <li>None (+40)</li> <li>None (+40)</li> <li>None (+40)</li> <li>None (0)</li> </ul>		On a typical day, I travel by         Total all items for a typical day here ▶         • Foot (0)         • Bike (+5 per use)         • Public transit (+10 per use)         • Ride a motorcycle or motor bike (+20 per use)         • Carpool in private vehicle (+50 per use)         • Drive alone in private vehicle (+100 per use)         My vehicle's fuel efficiency = miles per gal.         • 40-50 gallons (0)         • 30-40 gallons (+20)         • 20-30 gallons (+40)         • Under 20 (+80)         I spend time in vehicles on a typical day.         • No time (0)         • Less than half an hour (+20)         • Half an hour to one hour + (40)         • One-two hours (+60)         • More than two hours (+100)         How big is the car in which I generally travel?         • No car (-20)         • Small car (+40)         • Medium car (+60)         • Large/SUV (+100)	Score
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	More than 2 cars (+100)	
6	The time I usually spend flying <u>each year</u> is	
	Never fly (-20)	
	• 3-9 hours (+40)	
	• 10-24 hours (+80)	
	<ul> <li>25-99 hours (+200)</li> </ul>	
	<ul> <li>100 or more hours (+300)</li> </ul>	
7	We own a motor home	
1		
	• No (0)	
	• Yes (+150)	
8	On a typical day, I walk/run for	
	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°F (+30)	
	• 59 t0 64°F (+50)	
	• 65 to 70°F (+80)	
	• 71°F or above (+120)	
2	In summer, our house temperature is usually	
	• Over 82°F (+20)	
	• 77-82°F (+50)	
	• 72-76°F (+80)	
	• Under 72°F (+120)	
3	We dry clothes outdoors or an indoor rack	
	Nearly always (-20)	
	Often (0)	
	Sometimes (+20)	
4	Hardly ever (+50) We use an energy-efficient refrigerator (Energy	
4	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)	
	• 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)     talaviaian (+400)	
8	television (+100) On a typical day at home and work, I use a TV,	
0	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	Score
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)			
	<ul> <li>Around 50% (+40)</li> </ul>			
	<ul> <li>Around 75% (+60)</li> </ul>			
	<ul> <li>More than 75% (+80)</li> </ul>			
8	I have pairs of shoes.			
-	• 2 to 3 (+20)			
	• 4 to 6 (+40)			
	• 7 to 10 (+80)			
	• 11 or more (+100)			
	CLOTHING SUB-TOTAL			
	STUFF	Score		
1	All my garbage from today could fit into a			
'	One pound coffee can or smaller (+20)			
	<ul> <li>Average-size pail (+60)</li> </ul>			
	<ul> <li>Garbage can-regular size (+200)</li> </ul>			
	No garbage created today! (-50)			
2	I reuse/repair items rather than trashing them.			
2	Nearly always (0)			
	Often (30)			
	Sometimes (+60)			
	Hardly ever (+120)			
3	I recycle my paper, cans, glass and plastic.			
Ŭ	<ul> <li>Always/Nearly always (0)</li> </ul>			
	Often (30)			
	Sometimes (+60)			
	Hardly ever (+120)			
4	l 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)			
	Never or hardly ever (+120)			
8	Add one point for each dollar you spend in a			
	typical day.			
	STUFF SUB-TOTAL			
SL	JMMARY: Transfer your category sub-totals from	n each		
	ction and add them together to obtain the grand total			
the	grand total to calculate your (somewhat unscientific	, but		
me	aningful) ecological footprint.			
	Water Use			
	Food			
	Shelter			
	Transportation			
	Energy Use			
	Clothing			
	Stuff			

Grand Total Divide by 100 to calculate your eco-footprint (An average footprint in the U.S. is 25.)

Take the original ecological footprint quiz online at: <u>www.myfootprint.org</u>