

Personal Eco-Footprint Calculator

Procedure: Complete each of the charts for a typical day in your home community. Add the points on each chart to obtain a subtotal for that category, and transfer it 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 / no bath (0) _____
 1–2 minutes long / one-fourth full tub (50) _____
 3–6 minutes long / half full tub (70) _____
 10 or more minutes long / full tub (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. I washed the car or watered the lawn today. (80) _____
5. We use water-saving toilets (6-9 liters/flush). (-20) _____
6. We use low-flow showerheads (-20) _____
7. I use a dishwasher on a typical day. (50) _____

Subtotal: _____

Food

My Score _____

1. On a typical day, I eat: _____
 Beef (150/portion) _____
 Chicken (100/portion) _____
 Farmed fish (80/portion) _____
 Wild fish (40/portion) _____
 Eggs (40/portion) _____
 Milk/dairy (40/portion) _____
 Fruit (20/portion) _____
 Vegetables (20/portion) _____
 Grains: bread, cereal, rice (20/portion) _____
2. _____ of my food is grown locally. _____
 All (0) _____
 Some (30) _____
 None (60) _____
3. _____ of my food is organic. _____
 All (0) _____
 Some (30) _____
 None (60) _____
4. I compost my fruit/vegetable scraps and peels. _____
 Yes (-20) _____
 No (60) _____
5. _____ of my food is processed. _____
 All (100) _____
 Some (30) _____
 None (0) _____
6. _____ of my food has packaging. _____
 All (100) _____
 Some (30) _____
 None (0) _____
7. On a typical day, I waste: _____
 None of my food (0) _____
 One-fourth of my food (100) _____
 One-third of my food (150) _____
 Half of my food (200) _____

Subtotal: _____

Transportation

My Score _____

1. On a typical day, I travel by: _____
 Foot (0) _____
 Bike (5 per use) _____
 Public transit (30 per use) _____
 Private vehicle (200 per use) _____
2. Our vehicle's fuel efficiency is _____ liters/100 kilometers (gallons/60 miles). _____
 less than 6 liters / 2 gallons (-50) _____
 6–9 liters / 2–2½ gallons (50) _____
 10–13 liters / 3–3½ gallons (100) _____
 More than 13 liters / 3½ gallons (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 (60) _____
 More than 1 hour (100) _____
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) _____
 1 car (50) _____
 2 cars (100) _____
 More than 2 cars (200) _____
6. On a typical day, I walk/run for: _____
 5 hours or more (-75) _____
 3 to 5 hours (-25) _____
 1 to 3 hours (0) _____
 Half an hour to 1 hour (10) _____
 Less than 10 minutes (100) _____

Subtotal: _____

Shelter

My Score _____

1. Number of rooms per person (divide number of rooms by number of people living at home) _____
 Fewer than 2 rooms per person (10) _____
 2 to 3 rooms per person (80) _____
 4 to 6 rooms per person (140) _____
 7 or more rooms per person (200) _____
2. We share our home with nonfamily members. (-50) _____
3. We own a second, or vacation home that is often empty. _____
 No (0) _____
 We own/use it with others. (200) _____
 Yes (400) _____

Subtotal: _____

Personal Eco-Footprint Calculator

Energy Use

My Score _____

1. 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)
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 use compact fluorescent light bulbs. _____
 Yes (-50)
 No (50)
5. I turn off lights, computer, and television when they're not in use. _____
 Yes (0)
 No (50)
6. To cool off, I use: _____
 Air conditioning: car / home (30 for each)
 Electric fan (-10)
 Nothing (-50)
7. Outdoors today, I spent: _____
 7 hours (0)
 4 to 6 hours (10)
 2 to 3 hours (20)
 2 hours or less (100)

Subtotal: _____

Clothing

My Score _____

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. (120) _____
5. I give the local thrift store clothes that I no longer wear. _____
 Yes (0)
 No (100)
6. I buy hemp instead of cotton shirts when I can. (-10) _____
7. I never wear ____ % of the clothes in my cupboard. _____
 Less than 25% (25)
 50% (50)
 75% (75)
 More than 75% (100)
8. I have ____ pairs of shoes. _____
 2 to 3 (20)
 4 to 6 (60)
 7 or more (90)

Subtotal: _____

Stuff

My Score _____

1. All my garbage from today could fit into a: _____
 Shoebox (20)
 Large pail (60)
 Garbage can (200)
 No garbage created today! (-50)
2. I reuse items rather than throw them out. (-20) _____
3. I repair items rather than throw them out. (-20) _____
4. I recycle all my paper, cans, glass, and plastic. (-20) _____
5. I avoid disposable items as often as possible. _____
 Yes (-10)
 No (60)
6. I use rechargeable batteries whenever I can. (-30) _____
7. Add one point for each dollar you spend in a typical day. _____
 Today was a Buy Nothing Day (0)

Subtotal: _____

Fun

My Score _____

1. For typical play, the land converted into fields, rinks, pools, gyms, ski slopes, parking lots, etc., added together occupy: _____
 Nothing (0)
 Less than 1 hectare / 2½ acres (20)
 1 to 2 hectares / 2½ to 5 acres (60)
 2 or more hectares / 5 or more acres (100)
2. On a typical day, I use the TV or computer _____
 Not at all (0)
 Less than 1 hour (50)
 More than 1 hour (80)
3. How much equipment is needed for typical activities? _____
 None (0)
 Very little (20)
 Some (60)
 A lot (80)

Subtotal: _____

Summary

Transfer your subtotals from each section and add them together to obtain the grand total.

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

Grand Total: _____

My ecological footprint is:

Grand Total divided by 100 = _____ hectares
(To convert to acres, multiply hectares by 2.47)