

What's Your Ecological Footprint?

You can estimate your ecological footprint by filling out this paper in the next 3 days. Every day you can calculate your total score. At the end of the 3 days you add up your daily scores and calculate your footprint. If you need help; ask your parents or teacher.

A. Transportation

How did you travel today?	Score
- I walked.....	0
- I cycled.....	5
- I took public transit.....	10
- I carpooled.....	15
- I used a private vehicle.....	30

Score Day 1. _____
Score Day 2. _____
Score Day 3. _____

B. Water Use

How much water did you use?	
- I did not shower.....	0
- 1-2min. shower	5
- 3-6min. shower	10
- 10min shower	20
- I bathed in a full tub	20
- I bathed in a half-full tub.....	10
- I reused someone else's bathwater	10
- I let the water run when I brushed my teeth.....	5

Score Day 1. _____
Score Day 2. _____
Score Day 3. _____

C. Clothing

I am wearing the same clothes today that I wore yesterday

- most	0
- some.....	5
- none	10

I am wearing something that has been fixed ...-5
I did the mending

50% of my clothes are second hand (score for Day 1 only)

- yes.....	0
- no.....	20

My socks match each other

- no.....	0
- yes.....	10

Score Day 1. _____
Score Day 2. _____
Score Day 3. _____

D. Recreation

Identify the games, sports and activities you participated in during your spare time today.

How much equipment did you need to participate?

- none or little	0
- some	10
- quite a bit	20

How much land was converted to playing fields, ice rinks, swimming pools, gym space, ski runs, etc. to meet your recreation needs?

- none or little	0
- some (<1 hectare)	10
- quite a bit (> 1 hectares)	20

I spent the following amount today on purchases (food, clothing, magazines, sports equipment, etc.)

- nothing spent.....	0
- \$5.....	5
- \$10	10
- \$10+	1 point per dollar

Score Day 1. _____
Score Day 2. _____
Score Day 3. _____

E. Food

I ate the following proportions of meat:

- none.....	0
- one portion	10
- two portions	20
- three portions.....	30

This much food was left on my plate:

-none	0
- very little	5
- more than a little.....	10

I composted all vegetable and fruit scraps

- yes	0
- no	10

The food I ate is locally grown:

- all	0
- some	10
- none.....	20

The food I ate was packaged in paper or plastic:

- none	0
- some	10
- all	20

Score Day 1. _____
Score Day 2. _____
Score Day 3. _____

F. Garbage

If I were to take everything I threw into the garbage today and put it all into the same container, I would need this size of container to hold it all:

- a crate30
- a shoebox20
- a cup5
- I produced no garbage.....0

Score Day 1. _____

Score Day 2. _____

Score Day 3. _____

G. Living Space

Calculate in square meters the indoor space that you require to live for the three days. Include all the space in your "home", "school", etc.. Divide the total square meters by the number of people you shared this space with.

Home sq.m./_____ people = _____

School sq.m./_____ people = _____

Other sq. m./_____ people = _____

Total Square meters = _____

TOTALS	Day 1	Day 2	Day 3
A. Transportation			
B. Water Use			
C. Clothing			
D. Recreation			
E. Food			
F. Garbage			
Total			

Day 1 _____ + Day 2 _____ + Day 3 _____ + Square Meters _____ = _____ Total

Total _____ ÷ 100 = Your environmental footprint in hectares

MY ECOLOGICAL FOOTPRINT IS _____ HECTARES