

Ecological Footprint Calculator

Complete each of the categories for a typical day in your home. Add the points in each category to obtain a subtotal, and transfer each subtotal to the summary chart. Use the grand total to calculate your ecological footprint. Adapted from: *Teaching Green - The Middle Years*

Question	Answers/Points	My Score	Points I could save
1. My shower (or bath) on a typical day is:	No shower / no bath (0) Short shower 3-4 time a week (25) Short shower once a day (50) Long shower once a day (70) More than one shower per day (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) I don't let the water run (0)		
4. We use water-saving toilets	Yes (-20) No (0)		
5. We use low-flow showerheads	Yes (-20) No (0)		
Water Use Subtotal:			
Food Use			
1. On a typical day, I eat:	Meat more than once per day (600) Meat once per day (400) Meat a couple times a week (300) Vegetarian (200) Vegan (150)		
2. All of my food is grown locally or is organic	Yes (-20) No (0)		
3. I compost my fruit/vegetable scraps and peels.	Yes (-10) No (0)		
4. Most of my food is processed.	Yes (20) No (-20)		
5. Little of my food has packaging.	Yes (-20) No (0)		
6. On a typical day, I waste:	None of my food (0) One-fourth of my food (25) One-third of my food (50) Half of my food (100)		
Food Subtotal:			
Transportation Use			
1. On a typical day, I travel by:	Foot or bike (0) Public transit / school bus (30) Private vehicle; carpool (100) Private vehicle; 1 person (200)		
2. Our vehicle's fuel efficiency is	More than 30 miles/gallon (-50) 24 - 30 miles/gallon (50) 17 - 23 miles/gallon (100) Less than 17 miles/gallon (200)		



Question	Answers/Points	My Score	Points I could save
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 (100) More than 1 hour (200)		
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) Less than 1 car per driver (0) One car per driver (50) More than 1 car per driver (100) More than 2 cars per driver (200)		
6. Number of flights I take per year?	0 (0) 1-2 (50) More than 2 (100)		
	(Remember points from 1 and 2 on previous page) Transportation Subtotal:		
Shelter Use			
1. My house is:	Single house on large lot (50) Single house on small lot (city) (0) Townhouse/ attached house (0) Apartment (-50)		
2. Divide number of rooms in the home (no baths) by the number of people living at home.	1 room per person or less (-50) 1-2 rooms per person (0) 2-3 rooms per person (100) more than 3 rooms per person (200)		
3. We own a second, or vacation home that is often empty.	Yes (200) No (0)		
	Shelter Subtotal:		
Energy Use			
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 have a second refrigerator / freezer.	Yes (100) No (0)		
5. We use 5 or more compact fluorescent light bulbs.	Yes (-50) No (100)		
6. I turn off lights, computer, and television when they're not in use.	Yes (0) No (50)		
7. To cool off, I use:	Air conditioning: car (50) Air conditioning: home (100) Electric fan (-10) Nothing (-50)		
8. My clothes washer is a:	Top load (100) Front load (50) Laundromat (25)		
	Energy Use Subtotal:		
			Points I



Question	Answers/Points	My Score	could save
Clothing Use			
1. I change my outfit every day and put it in the laundry.	Yes (80) No (0)		
2. I am wearing clothes that have been mended or fixed.	Yes (-20) No (0)		
3. One-fourth (or more) of my clothes are handmade or secondhand.	Yes (-20) No (0)		
4. Most of my clothes are purchased new each year.	Yes (200) No (0)		
5. I give the local thrift store clothes that I no longer wear.	Yes (-50) No (100)		
6. I never wear ____ % of the clothes in my closet.	Less than 25% (25) 50% (50) 75% (75) More than 75% (100)		
7. I buy ____ new pairs of shoes every year.	0-1 (0) 2 to 3 (20) 4 to 6 (60) 7 or more (90)		
	Clothing Subtotal:		
Stuff I Use			
1. All my garbage from today could fit into a:	Shoebox (20) Small garbage can (60) Kitchen garbage can (200) No garbage created today! (-50)		
2. I recycle all my paper, cans, glass and plastic.	Yes (-100) No (0)		
3. I reuse items rather than throw them out.	Yes (-20) No (0)		
4. I repair items rather than throw them out	Yes (-20) No (0)		
5. I avoid disposable items as often as possible.	Yes (-50) No (60)		
6. I use rechargeable batteries whenever I can.	Yes (-30) No (0)		
7. In my home we have __ number of Electronics? (Computer, TV, Stereo, VCR, DVD, X box, Game boy, etc.)	0-5 (25) 5-10 (75) 10-15 (100) more than 15 (200)		
8. How much equipment is needed for typical activities? A lot =boat, snowmobiles, dirt bikes ,Very little soccer, bicycling)	None (0) Very little (20) Some (60) A lot (80)		
	Stuff Subtotal:		



Summary

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

Water Use _____

Food Use _____

Transportation Use _____

Shelter Use _____

Energy Use _____

Clothing Use _____

Stuff I Use _____

Grand Total _____ \div 350 = _____ **Earths**

If everyone lived like I do, we would need the above number of Earths to sustain the people of the world.

Use the last column on the chart: Look at your answers. Are there things that you could do to save points? Mark down the points you could save. How many "planets" (350 points each) could you save with your lifestyle changes? _____

Worldwide there are 4.7 biologically productive acres available per person, and this doesn't include all of the other plants' and animals' needs.

Some average footprints:
United States: 24 acres
Canada: 22 acres
Italy: 9 acres
Pakistan: Less than 2 acres

