

Name: _____

Date: _____

Calculate your relative Ecological Footprint

Instructions:

- 1) Check off the box for each item that reflects your current behavior or situation.
- 2) For each section count the number of checks in each column and write the total in the row "total checked for each column".
- 3) Multiply the column total by the number indicated for that column in the "multiply checked totals for column..." row and add these 3 numbers to get your total footprint points for this section.
- 4) Repeat for each section, and when done, copy the totals for each section into the "Current Score" column in the "Section Totals" table at the end of this survey.
- 5) Repeat these instructions but use a highlighter to mark the box you wish your future behavior or situation to reflect. Write the "goal totals" into the "highlighted" rows in each section and copy the section totals into the appropriate row of the "Target Score" column in the "Section Totals" table.
- 6) Use this Ecological Footprint survey as a plan of action.

Key: U = Usually, S = Sometimes, R = Rarely, n/a = not applicable

Household Energy & Supplies

(check box that applies to you)

I turn off electric lights and appliances when no one is in a room.	U	S	R	n/a
I have installed or am installing solar panels for my home.	Yes		No	n/a
I run a dishwasher only when it is full and then let the dishes drip dry.	U	S	R	n/a
I put on a sweater before deciding to turn up the heat.	U	S	R	n/a
I use air conditioning only during extreme heat.	U	S	R	n/a
I avoid using non-essential electrical appliances (can opener, toothbrush, coffee maker, hair dryer, shaver, hedge trimmer, etc).	U	S	R	n/a
I check the insulation and caulking in my house and improve it if necessary.	U	S	R	n/a
I keep the windows closed when cooling or heating my home mechanically.	U	S	R	n/a
I buy or make household cleaners out of non-toxic materials.	U	S	R	n/a
I avoid washing clothes before they really need it.	U	S	R	n/a
I wash my clothes in cold water.	U	S	R	n/a
I let my washing drip dry.	U	S	R	n/a
I use low wattage and/or energy saving light bulbs wherever I can.	U	S	R	n/a
I use pesticides (include pesticide/fertilizer combo products).	R	S	U	n/a
I use synthetic fertilizer (not labeled as organic).	R	S	U	n/a
I avoid purchasing a daily newspaper.	U	S	R	n/a
I share things with my neighbors and/or pool errand runs.	U	S	R	n/a
Total checked for each column:				n/a
Multiply checked totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:
Total highlighted (goals) for each column:				n/a
Multiply highlighted totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:

Food Consumption & Packaging

I use reusable bags at the grocery store.	U	S	R	n/a
I compost food waste.	U	S	R	n/a
I purchase food in bulk quantities and containers.	U	S	R	n/a
I eat red meat more than twice a week.	R	S	U	n/a
I eat poultry, fish or meat by-products (ie dairy, eggs, gelatin).	R	S	U	n/a
I grow edible things organically and harvest them for consumption.	U	S	R	n/a
I try to buy food that is organic or local and sustainably harvested.	U	S	R	n/a
I avoid snacks, fast food and other foodstuffs with lots of packaging	U	S	R	n/a
Total checked for each column:				n/a
Multiply checked totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:
Total highlighted (goals) for each column:				n/a
Multiply highlighted totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:

Water & Waste Water

I reduce water when bathing by taking short showers instead of baths.	U	S	R	n/a
I turn off the water heater when leaving the house for more than a day.	U	S	R	n/a
I turn off the water when brushing my teeth or shaving.	U	S	R	n/a
I have regulators on shower heads to reduce the water used.	Yes		No	n/a
I have drought resistant landscaping, no lawn, and use drip irrigation.	Yes		No	n/a
I have a functioning swimming pool.	No		Yes	n/a
I pour chemicals, grease or paint down the drain or toilet.	No		Yes	n/a
I use phosphate free detergents.	U	S	R	n/a
I reduce water use by toilets by flushing only when necessary and have low flow toilets or put a block in the tank.	U	S	R	n/a
Total checked for each column:				n/a
Multiply checked totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:
Total highlighted (goals) for each column:				n/a
Multiply highlighted totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:

Miscellaneous

I engage in non-motorized recreational activities	U	S	R	n/a
My dog or cat is spayed or neutered.	Yes		No	n/a
I invest in securities that were professionally screened for environmental and social responsibility.	U	S	R	n/a
Total checked for each column:				n/a
Multiply checked totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:
Total highlighted (goals) for each column:				n/a
Multiply highlighted totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:

Transportation

I drive a vehicle that gets 25 miles or more per gallon.	U	S	R	n/a
I regularly walk or ride a bicycle somewhere rather than driving.	U	S	R	n/a
I car pool or use mass transit more than cars.	U	S	R	n/a
I keep my vehicle tuned and serviced for the best energy efficiency.	U	S	R	n/a
I take long road trips for recreation.	R	S	U	n/a
I try to minimize unnecessary air travel.	U	S	R	n/a
I purchase radial tires and keep them properly inflated.	U	S	R	n/a
I drive the same car for eight or more years.	U	S	R	n/a
Total checked for each column:				n/a
Multiply checked totals for column 1 x 0, col 2 x 2, col 3 x 4				Total:
Total highlighted (goals) for each column:				n/a
Multiply highlighted totals for column 1 x 0, col 2 x 2, col 3 x 4				Total:

Recycling & Reusing

I recycle aluminum, paper, glass bottles, cans.	U	S	R	n/a
I reuse containers whenever possible.	U	S	R	n/a
I properly dispose of dead batteries and fluorescent (CFL) bulbs.	U	S	R	n/a
I use both sides of a sheet of paper in my printer or use the unused side as scrap paper.	U	S	R	n/a
I throw away items that could be repaired or reused.	R	S	U	n/a
I give unnecessary clothing and furnishings to charity.	U	S	R	n/a
Total checked for each column:				n/a
Multiply checked totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:
Total highlighted (goals) for each column:				n/a
Multiply highlighted totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:

Environmental Participation

I help restore natural areas.	U	S	R	n/a
I keep up with current environmental issues.	U	S	R	n/a
I discuss pending environmental legislation and local land use issues with people around me.	U	S	R	n/a
I support an environmental group with money and/or time.	U	S	R	n/a
I ask my workplace and other facilities that I use to engage in more environmentally-sound practices.	U	S	R	n/a
I tell my elected officials about environmental concerns and recommend actions.	U	S	R	n/a
I offset my carbon footprint.	Yes	May	No	n/a
Total checked for each column:				n/a
Multiply checked totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:
Total highlighted (goals) for each column:				n/a
Multiply highlighted totals for column 1 x 0, col 2 x 1, col 3 x 2				Total:

Standard Additions

Square footage per person in my household.	100-500	501-1000	1000+	n/a
Number of automobiles and RVs per adult in household.	0	1	2+	n/a
Number of dwellings I occupy (include vacation homes)	0	1	2+	n/a
Number of miles I drive to work.	0	<15	15+U	n/a
Number of medium to large pets I own (cat size or bigger).	0	1	2+	n/a
Total checked for each column:				n/a
Multiply checked totals for column 1 x 0, col 2 x 4, col 3 x 8				Total:
Total highlighted (goals) for each column:				n/a
Multiply highlighted totals for column 1 x 0, col 2 x 4, col 3 x 8				Total:

Standard Subtractions

I use a composting toilet (5 points for true)	False	True	
I mostly buy used clothing or make my own (5 points)	False	True	
I do not use an air conditioner to cool my home (5 points)	False	True	
I have made arrangements for a natural burial (5 points)	False	True	
I buy very few material things (10 points)	False	True	
I teach my children how to live more lightly (10 pts per child)	False	True	
Total checked subtraction points:			Total:
Total highlighted subtraction points:			Total:

Copy Section Totals from Above into Current Score Column & Set Yourself a Target Score

Section Totals	Heaviest Score	Current Score	Target Score	Group Score	Group Target
Household Energy & Supplies	28				
Food Consumption & Packaging	16				
Water & Waste Water	18				
Miscellaneous	6				
Transportation	32				
Recycling & Reusing	12				
Environmental Participation	14				
Standard Additions	32				
Total Negative Impact Points:	158				
Subtract Positive Impact Points:	0				
Overall Footprint:	158				