

YOUR ECOLOGICAL FOOTPRINT

A QUIZ TO HELP YOU UNDERSTAND YOUR IMPACT ON THE EARTH

Have you ever wondered about the amount of resources it takes to support your lifestyle? Your lifestyle is everything about you: the food you eat, the places you shop, the house you live in, the cars you or your parents drive, and the things you throw away. This quiz estimates how much productive land and water is needed to grow your food, produce building materials, heat, and water for your house, manufacture and power your cars, and account for the trash and waste you produce. After taking this quiz you'll be able to compare the resources you use to the total available amount on this planet (in global acres), and figure out ways that you can reduce your impact on the Earth.

INSTRUCTIONS

1. For each numbered question find the answer that best describes you
2. Fill in the answer in the labeled boxes on your score sheet
3. Use the score sheet to calculate your footprint for each section (Food, Goods, Shelter, Mobility)
4. To find your total ecological footprint transfer the scores for each section into the boxes in the TOTAL ECOLOGICAL FOOTPRINT grid and calculate your total footprint using the equations provided

****Note: For some sections you will have to multiply or divide your scores by other numbers**

SUGGESTED MATERIALS

1. Pencil
2. Calculator



FOOD FOOTPRINT

1. How often do you eat animal-based foods (beef, pork, chicken, fish, eggs, milk products)?

a) Never (vegan)	0.46
b) Not very often (no meat; eggs/dairy a few times a week)	0.59
c) Sometimes (no meat or infrequent meat; eggs/dairy almost daily)	0.73
d) Often (meat once or twice a week, eggs/dairy almost daily)	0.86
e) Very often (meat daily, eggs/dairy daily)	1.00
f) Almost always (meat and eggs/dairy in almost every meal)	1.14

2. How much of your food did you, your family, or someone living near you grow or produce? Examples of locally produced foods are vegetables from your garden or a farmer's market, or locally-hunted game. If your food comes from a supermarket, chances are it's not locally grown or produced.

a) Most or all	0.69
b) More than half	0.79
c) Half	0.90
d) Less than half	1.00
e) Almost none (most of my food is processed or packaged)	1.10



GOODS FACTOR

3. Compared with people in your neighborhood, how much trash do you throw away?

a) Much less trash	0.75
b) About the same amount of trash	1.00
c) Much more trash	1.25



SHELTER FOOTPRINT

4. Which describes your home?

a) Green-design home (powered by sun or wind; made of recycled materials; energy efficient design and appliances)	0.50
b) Multistory apartment building	0.80
c) Free-standing house	1.00

5. What is the size of your home? (The average U.S. house size is 1,700 square feet.)

a) 500 square feet or smaller (studio apartment; no bedrooms, 1 bath)	0.30
b) 500-1,000 square feet (1 bedroom, 1 bath)	0.60
c) 1,000-1,500 square feet (2 bedrooms, 1 bath)	0.90
d) 1,500-1,900 square feet (2 bedrooms, 2 baths)	1.30
e) 1,900-2,500 square feet (3 bedrooms, 2 baths)	1.50
f) 2,500 square feet or larger (4 bedrooms, 2 baths or larger)	1.90

6. Does your house have energy efficient features (solar panels, compact fluorescent light bulbs, or EnergyStar appliances)?

a) All energy efficient features	0.70
b) Some energy efficient features	0.85
c) No energy efficient features	1.00

7. How many people live in your house, including you?

a) Seven or more	7.00
b) Six	6.00
c) Five	5.00
d) Four	4.00
e) Three	3.00
f) Two	2.00
g) One	1.00



MOBILITY FOOTPRINT

Car Travel Subtotal

8. On average, how many miles do you travel each week in a car (as a driver or a passenger)?

a) 0 miles	0.00
b) 1 - 100 miles	0.12
c) 101 - 200 miles	0.55
d) 201 - 300 miles	1.00
e) 301 - 400 miles	1.43
f) More than 400 miles	1.91

9. How fuel efficient is your car? (or estimate the average fuel efficiency of the cars you ride in.)

a) I don't travel by car	0.00
b) Very fuel efficient (More than 50 mpg: hybrid gas-electric cars)	0.31
c) Fuel efficient (35-50 mpg: compact and sub-compact cars)	0.46
d) Somewhat fuel efficient (25-34 mpg: midsize cars and wagons)	0.65
e) Not very fuel efficient (15-24 mpg: smaller sport utility vehicles and trucks)	0.98
f) Not fuel efficient at all (fewer than 15 mpg: full-sized trucks, vans, and SUVs)	1.54

10. How often do you ride in a car with someone else (carpool)?

a) I don't travel by car	0.00
b) Almost always	0.50
c) Very often (about 75% of the time)	0.60
d) Often (about 50% of the time)	0.75
e) Sometimes (about 25% of the time)	1.00
f) Almost never	1.50

MOBILITY FOOTPRINT CONTINUED



Public Transit Subtotal

11. On average, how many miles do you travel on public transportation each week (bus, train, subway, or ferry)?

a) 0 miles	0.00
b) 1 - 25 miles	0.04
c) 26 - 75 miles	0.15
d) 76 - 200 miles	0.42
e) More than 200 miles	0.86



Air Travel Subtotal

12. About how many hours do you spend in an airplane each year?

a) 0 hours	0.00
b) 3 hours	0.18
c) 10 hours (one coast-to-coast US round-trip per year)	0.60
d) 25 hours (two or three coast-to-coast U.S. round-trips per year)	1.50
e) 100 hours (one coast-to-coast US round-trip per month)	6.00



ECOLOGICAL FOOTPRINT SCORE SHEET

FOOD FOOTPRINT	
Your score for Question 1 (Q1)	
Your score for Question 2 (Q2)	
YOUR FOOD FOOTPRINT = Q1 x Q2 x 5.5	

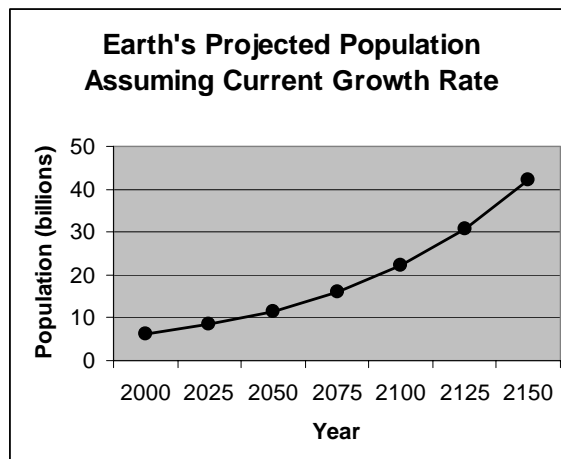
GOODS FACTOR	
Your score for Question 3 (Q3)	

SHELTER FOOTPRINT	
Your score for Question 4 (Q4)	
Your score for Question 5 (Q5)	
Your score for Question 6 (Q6)	
Your score for Question 7 (Q7)	
YOUR SHELTER FOOTPRINT = Q4 x Q5 x Q6 x 13.26 /Q7	

MOBILITY FOOTPRINT	
<i>Car Travel Subtotal</i>	Your score for Question 8 (Q8)
	Your score for Question 9 (Q9)
	Your score for Question 10 (Q10)
YOUR CAR TRAVEL SUBTOTAL = Q8 x Q9 x Q10 x 4	
<i>Public Transit Subtotal</i>	Your score for Question 11 (Q11)
<i>Air Travel Subtotal</i>	Your score for Question 12 (Q12)
YOUR MOBILITY FOOTPRINT = Car Travel + Public Transit + Air Travel Subtotals	

TOTAL ECOLOGICAL FOOTPRINT	
(1) FOOD FOOTPRINT	
(2) SHELTER FOOTPRINT	
(3) MOBILITY FOOTPRINT	
(4) GOODS FACTOR	
(5) SHELTER + MOBILITY: Add (2) + (3)	
(6) GOODS & SERVICES: Multiply (4) x (5) x .9	
Total Ecological Footprint = (1) + (2) + (3) + (6)	

- ☛ Your total ecological footprint is the number of global acres needed to provide for your food, housing, transportation, and to account for the amount of waste you produce.
- ☛ To calculate the number of earths needed to support your lifestyle, divide YOUR TOTAL FOOTPRINT by 4.5, the number of acres available for each person worldwide.
- ☛ The average ecological footprint in the United States is 25 acres per person. Is your footprint higher or lower than the national average?
- ☛ Because the worldwide footprint is dependent on the number of people (population) alive today, when the population increases the amount of land available for each person decreases. Look at the population graph below and predict how this will affect the number of acres of land available worldwide over time.



Data source: Redefining Progress <http://www.redefiningprogress.org>