





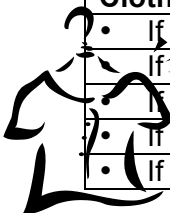
## How Big is My Ecological Footprint?


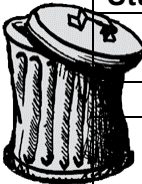
(Source: Adapted by Jackie Hilderling from the Sea to Sky Education School's Ecological Footprint Questionnaire)



Name (s): \_\_\_\_\_

On a 'typical day' in your life / Estimate!

| Water Use   | Points #1   | Points #2 |
|---|---|-----------|
| Choose one of the following: <ul style="list-style-type: none"> <li>You get 40 points if your shower is usually 1-2 minutes or your bath is ¼ full</li> <li>You get 60 points if your shower is usually 3-6 minutes or your bath is ½ full</li> <li>You get 80 points if your shower is usually more than 10 minutes or your bath is full.</li> </ul>   |    |           |
| Choose one of the following: <ul style="list-style-type: none"> <li>If you flush the toilet every time you use it you get 30 points</li> <li>If you let the "yellow mellow" sometimes you get 15 points</li> <li>If you typically wear your clothing for more than a day before washing them, you get <b>negative</b> 5 points</li> <li>If you typically do not use a dishwasher, you get <b>negative</b> 5 points</li> <li>If you use a water-saving device in the back of your toilet, you get <b>negative</b> 5 points</li> <li>If you use a water-saving toilet and washers, you get <b>negative</b> 5 points.</li> <li>If you use a water-saving shower head, you get <b>negative</b> 5 points</li> <li>If you always wash your clothing in cold water, you get <b>negative</b> 5 points</li> <li>If you brush your teeth with the water running, you get 30 points.</li> <li>If you usually wash the car or water the garden each week, you get 60 points.</li> </ul> |   |           |
| Add up your <b>Water Use</b> subtotal   |   |           |
| <b>Fun</b>  |   |           |
| <ul style="list-style-type: none"> <li>Give yourself 40 points for every hour/day you have the TV on</li> <li>Give yourself 20 points for every hour/day you spend using the computer</li> <li>If you have maximized your computers energy efficiency, give yourself <b>negative</b>, 20 points</li> </ul>  |   |           |
| Choose one of the following: <ul style="list-style-type: none"> <li>If you need a lot of equipment for your activities (e.g. ski equipment), you get 30 points</li> <li>If you need some equipment for your activities (e.g. soccer), you get 20 points</li> <li>If you need only a little equipment for your activities (e.g. binoculars), you get 10 points</li> </ul>  |  |           |
| Add up your <b>Fun</b> subtotal   |   |           |
| <b>Clothing</b>   |   |           |
| <ul style="list-style-type: none"> <li>If some of your clothes were bought brand new, you get 60 points</li> <li>If about ¼ of your clothes are second-hand or hand-me-down, you get <b>negative</b> 10 points</li> <li>If some of the clothes that you often wear have been mended or fixed, you get <b>negative</b> 10 points</li> <li>If you sew some of your own clothes, you get <b>negative</b> 10 points</li> <li>If you are wearing some of the clothes you were wearing yesterday, you get <b>negative</b> 5 points</li> </ul>   |   |           |
| Add up your <b>Clothing</b> subtotal  |   |           |



|  |   |  |
|--|---|--|
| Choose one of the following:<br><ul style="list-style-type: none"> <li>If you hardly ever wear about ¼ or less of the clothes you own, you get 10 points</li> <li>If you hardly ever wear about ½ of the clothes you own, you get 40 points</li> <li>If you hardly ever wear about ¾ of the clothes you own, you get 60 points</li> <li>If you hardly ever wear more than ¾ of the clothes you own, you get 80 points</li> </ul>   |   |  |
| Add up your <b>Clothing</b> subtotal   |   |  |
| <b>Transportation</b>  |  |  |
| Choose one of the following (number of vehicles):<br><ul style="list-style-type: none"> <li>If you have one car, you get 100 points</li> <li>If you have two cars, you get 200 points</li> <li>If you have more than two cars, you get 300 points</li> <li>If you do not have a car you get no points</li> </ul>   |   |  |
| Choose one of the following (type of vehicle):<br><ul style="list-style-type: none"> <li>If the car is a small car (often only 2 doors), you get another 30 points (for each car)</li> <li>If the car is a medium-sized car (often 4 door), you get another 60 points (for each car)</li> <li>If the car is a huge car (e.g. SUV), you get another 100 points (for each car)</li> <li>If the car is a hybrid car, you get 10 points</li> </ul>   |   |  |
| <ul style="list-style-type: none"> <li>For every hour you usually spend in a car/day on your own give yourself another 20 points</li> <li>For every hour you usually spend in a car/day with one other person, give yourself another 10 points</li> <li>For every hour you usually spend in a vehicle/day with more than two people give yourself 5 points (meant to capture carpooling and public transport)</li> </ul>   |   |  |
| Add up your <b>Transportation</b> subtotal   |   |  |
| <b>Stuff</b>   |   |  |
|  If you have repaired something this last week that might have been thrown out, you get <b>negative 10</b> points   |   |  |
| If you usually recycle all your paper, cans and plastic, you get <b>negative 5</b> points.   |   |  |
| If on a typical day, you are able to reuse something that could have been thrown out (e.g. a yoghurt container), you get <b>negative 10</b> points   |   |  |
| <ul style="list-style-type: none"> <li>If you try to buy from ethic companies you get <b>negative 30</b> points</li> <li>If you usually buy from Canadian companies, you get <b>negative 30</b> points</li> </ul>  |   |  |
| Choose one of the following:<br><ul style="list-style-type: none"> <li>If all your garbage on a typical day would fit into 1 garbage can, you get 120 points</li> <li>If all your garbage on a typical day would fit into a basket, you get 90 points</li> <li>If all your garbage on a typical day would fit into a shoebox, you get 70 points</li> <li>If all your garbage on a typical day would fit into a cup, you get 30 points</li> <li>If you typically have no garbage all day, you get no points.</li> </ul> |   |  |
| Choose one of the following:<br><ul style="list-style-type: none"> <li>If you really try to avoid using “disposable” items (e.g. disposable pens, small plastic snack containers), you get <b>negative 40</b> points</li> <li>If you do not avoid disposable items, you get 40 points</li> </ul>   |   |  |

|   |   |  |
|---|---|--|
| <ul style="list-style-type: none"> <li>Give yourself 1 point for each dollar you spend/ day on average</li> </ul>   |   |  |
| Add up your <b>Stuff</b> subtotal   |   |  |
| <b>Shelter</b>  |   |  |
| Write down the number of rooms in your home (all rooms) ____ (A)<br>Write down the number of people that live in your home ____ (B)<br>Calculate the number of rooms per person (A divided by B) = _____<br>Choose one of the following:  |  |  |
| <ul style="list-style-type: none"> <li>If the number of rooms per person is less than 2, you get 20 points</li> <li>If the number of rooms per person is 2 to 4, you get 70 points</li> <li>If the number of rooms per person is 5 to 10, you get 100 points</li> <li>If the number of rooms per person is more than 10, you get 150 points</li> </ul>  |   |  |
| <ul style="list-style-type: none"> <li>If you share your building with non-family members (e.g. it's an apartment building or there are rented suites in your house), you get <b>negative</b> 10 points</li> </ul>  |   |  |
| <ul style="list-style-type: none"> <li>If you have a second home or vacation home that you do not own together with another family, you get 400 points</li> </ul>   |   |  |
| <ul style="list-style-type: none"> <li>If you have a second home or vacation home that you own together with another family, you get 200 points</li> </ul>  |   |  |
| Add up your <b>Shelter</b> subtotal   |   |  |
| <b>Food</b>   |   |  |
| Choose one of the following:  |  |  |
| <ul style="list-style-type: none"> <li>If some of the food you usually eat was grown in BC, you get 20 points</li> <li>If none of the food you usually eat was grown in BC, you get 40 points</li> <li>If everything you usually eat was grown in BC, you get no points</li> </ul>  |   |  |
| <ul style="list-style-type: none"> <li>If you grow a lot of your own food, you get <b>negative</b> 50 points</li> </ul>   |   |  |
| Choose one of the following:  |   |  |
| <ul style="list-style-type: none"> <li>If all your food is organic, you get <b>negative</b> 100 points</li> <li>If some of the food you usually eat is organic, you get <b>negative</b> 50 points</li> <li>If none of the food you usually eat is organic, you get 40 points</li> </ul>   |   |  |
| Choose one of the following   |   |  |
| <ul style="list-style-type: none"> <li>If you compost all your fruit and vegetable waste, you get <b>negative</b> 10 points</li> <li>If you compost some of your fruit and vegetable waste, you get 15 points</li> <li>If you do not compost, you get 30 points</li> </ul>  |   |  |
| Choose one of the following,  |   |  |
| <ul style="list-style-type: none"> <li>If you usually throw out about 1/2 your food, you get 100 points</li> <li>If you usually throw out about 1/3 of your food, you get 70 points</li> <li>If you usually throw out about 1/4 of your food, you get 40 points</li> <li>If you usually throw out less than 1/4 of your food, you get 15 points.</li> <li>If you make sure you never waste food, you get no points</li> </ul> |   |  |
| <b>Note: You are going to get a lot of points in the next section, because, we have to eat! We should have a balanced diet.</b>   |   |  |
| <ul style="list-style-type: none"> <li>If beef is part of your diet, you get 150 points</li> </ul>  |   |  |

|   |  |  |
|---|--|--|
| Choose one of the following:  |  |  |
| • If you regularly eat chicken that is not free range, you get 100 points                 |  |  |
| • If the chicken you eat is free-range, you get 40 points                                 |  |  |
| • If pork is part of your diet, you get 100 points  |  |  |
| • If open net-cage farmed fish is part of your diet, you get 150 points                   |  |  |
| • If wild fish is part of your diet, you get 40 points                                    |  |  |
| Choose on of the following:   |  |  |
| • If non-free range eggs are part of your diet, you get 40 points                         |  |  |
| • If free-range eggs are part of your diet, you get 20 points                             |  |  |
| • If dairy products (milk, cheese, yoghurt, etc) are part of your diet, you get 40 points |  |  |
| • If fruit is part of your diet and it should be, you get 20 points                       |  |  |
| • If vegetables are part of your diet, and they should be, you get 20 points              |  |  |
| Add up your <b>Food</b> subtotal  |  |  |
| <b>Additional Energy Use</b>  |  |  |
| Choose one of the following   |  |  |
| • If none of the appliances in your home are energy efficient, you get 100 points         |  |  |
| • If some are energy efficient, you get 50 points   |  |  |
| • If most are energy efficient, you get 20 points   |  |  |
| Choose one of the following   |  |  |
| • If always unplug electronics when not in use, you do not get additional points          |  |  |
| • If you sometimes unplug electronics when not in use, you get an additional 10 points    |  |  |
| • If you never unplug electronics, you get an additional 20 points                        |  |  |
| Choose one of the following   |  |  |
| • If you heat your home solely by electricity and/or wood, you get 50 points              |  |  |
| • If you make use of a timed thermostat you get negative 20 points                        |  |  |
| • If you usually do not use a dish washer, you get <b>negative</b> 10 points              |  |  |
| • For every incandescent light bulb you still have in your house, yet get 1 point         |  |  |
| • If you usually air dry your washed clothes you get <b>negative</b> 20 points            |  |  |
| Add up your <b>Additional Energy Use</b> total  |  |  |

**N**  **up all 7 of your Subtotals.** Person 1 = \_\_\_\_\_; Person 2 = \_\_\_\_\_

**D**  **/ 100. This is your Ecological Footprint in hectares.**

Person 1 = \_\_\_\_\_ hectares      Person 2 = \_\_\_\_\_ hectares

\*One hectare = 100 metres square, 2.47 acres, or 1.5 football fields.





