





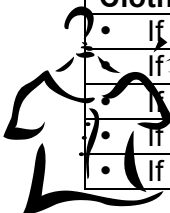
How Big is My Ecological Footprint?


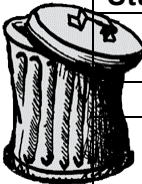
(Source: Adapted by Jackie Hilderling from the Sea to Sky Education School's Ecological Footprint Questionnaire)



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



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

<ul style="list-style-type: none"> Give yourself 1 point for each dollar you spend/ day on average 		
Add up your Stuff subtotal		
Shelter		
Write down the number of rooms in your home (all rooms) ____ (A) Write down the number of people that live in your home ____ (B) Calculate the number of rooms per person (A divided by B) = _____ Choose one of the following:		
<ul style="list-style-type: none"> If the number of rooms per person is less than 2, you get 20 points If the number of rooms per person is 2 to 4, you get 70 points If the number of rooms per person is 5 to 10, you get 100 points If the number of rooms per person is more than 10, you get 150 points 		
<ul style="list-style-type: none"> 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 negative 10 points 		
<ul style="list-style-type: none"> If you have a second home or vacation home that you do not own together with another family, you get 400 points 		
<ul style="list-style-type: none"> If you have a second home or vacation home that you own together with another family, you get 200 points 		
Add up your Shelter subtotal		
Food		
Choose one of the following:		
<ul style="list-style-type: none"> If some of the food you usually eat was grown in BC, you get 20 points If none of the food you usually eat was grown in BC, you get 40 points If everything you usually eat was grown in BC, you get no points 		
<ul style="list-style-type: none"> If you grow a lot of your own food, you get negative 50 points 		
Choose one of the following:		
<ul style="list-style-type: none"> If all your food is organic, you get negative 100 points If some of the food you usually eat is organic, you get negative 50 points If none of the food you usually eat is organic, you get 40 points 		
Choose one of the following		
<ul style="list-style-type: none"> If you compost all your fruit and vegetable waste, you get negative 10 points If you compost some of your fruit and vegetable waste, you get 15 points If you do not compost, you get 30 points 		
Choose one of the following,		
<ul style="list-style-type: none"> If you usually throw out about ½ your food, you get 100 points If you usually throw out about 1/3 of your food, you get 70 points If you usually throw out about ¼ of your food, you get 40 points If you usually throw out less than ¼ of your food, you get 15 points. If you make sure you never waste food, you get no points 		
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.		
<ul style="list-style-type: none"> If beef is part of your diet, you get 150 points 		

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 Food subtotal		
Additional Energy Use		
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 negative 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 negative 20 points		
Add up your Additional Energy Use 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.



