

Ecological Footprint Calculator

Water Use

My Score

1. My shower (or bath) on a typical day is:
No shower / no bath (0) _____
1–2 minutes long / one-fourth full tub (50) _____
3–6 minutes long / half full tub (70) _____
10 or more minutes long / full tub (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) _____
 4. I washed the car or watered the lawn today. (80) _____
 5. We use water-saving toilets (6-9 liters/flush). (-20) _____
 6. We use low-flow showerheads (-20) _____
 7. I use a dishwasher on a typical day. (50) _____
- Subtotal: _____

Food

My Score

1. On a typical day, I eat:
Beef (150/portion) _____
Chicken (100/portion) _____
Farmed fish (80/portion) _____
Wild fish (40/portion) _____
Eggs (40/portion) _____
Milk/dairy (40/portion) _____
Fruit (20/portion) _____
Vegetables (20/portion) _____
Grains: bread, cereal, rice (20/portion) _____
2. _____ of my food is grown locally
All (0) _____
Some (30) _____
None (60) _____
3. _____ of my food is organic. _____
All (0) _____

Some (30)
None (60)

4. I compost my fruit/vegetable scraps and peels. _____
Yes (-20)
No (60)

5. _____ of my food is processed. _____
All (100)
Some (30)
None (0)

6. _____ of my food has packaging. _____
All (100)
Some (30)
None (0)

7. On a typical day, I waste: _____
None of my food (0)
One-fourth of my food (100)
One-third of my food (150)
Half of my food (200)

Subtotal: _____

Transportation

My Score

1. On a typical day, I travel by: _____
Foot (0)
Bike (5 per use)
Public transit (30 per use)
Private vehicle (200 per use)

2. Our vehicle's fuel efficiency is _____ liters/100 kilometers _____
(gallons/60 miles).
less than 6 liters / 2 gallons (-50)
6-9 liters / 2-2½ gallons (50)
10-13 liters / 3-3½ gallons (100)
More than 13 liters / 3½ gallons (200)

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 (60)
More than 1 hour (100)

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)

1 car (50)

2 cars (100)

More than 2 cars (200)

6. On a typical day, I walk/run for: _____

5 hours or more (-75)

3 to 5 hours (-25)

1 to 3 hours (0)

Half an hour to 1 hour (10)

Less than 10 minutes (100)

Subtotal: _____

Shelter

My Score

1. Number of rooms per person (divide number of rooms by number of people living at home) _____

Fewer than 2 rooms per person (10)

2 to 3 rooms per person (80)

4 to 6 rooms per person (140)

7 or more rooms per person (200)

2. We share our home with nonfamily members. (-50) _____

3. We own a second, or vacation home that is often empty. _____

No (0)

We own/use it with others. (200)

Yes (400)

Subtotal: _____

Energy Use

My Score

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 use compact fluorescent light bulbs. Yes (-50) No (50)	_____
5.	I turn off lights, computer, and television when they're not in use. Yes (0) No (50)	_____
6.	To cool off, I use: Air conditioning: car / home (30 for each) Electric fan (-10) Nothing (-50)	_____
7.	Outdoors today, I spent: 7 hours (0) 4 to 6 hours (10) 2 to 3 hours (20) 2 hours or less (100)	_____
		Subtotal: _____
Clothing		My Score
1.	I change my outfit every day and put it in the laundry. (80)	_____
2.	I am wearing clothes that have been mended or fixed. (-20)	_____
3.	One-fourth of my clothes are handmade or second-hand. (-20)	_____
4.	Most of my clothes are purchased new each year. (120)	_____
5.	I give the local thrift store clothes that I no longer wear. Yes (0) No (100)	_____
6.	I buy hemp instead of cotton shirts when I can. (-10)	_____
7.	I never wear ___ % of the clothes in my closet. Less than 25% (25) 50% (50) 75% (75) More than 75% (100)	_____
8.	I have ___ pairs of shoes. 2 to 3 (20) 4 to 6 (60) 7 or more (90)	_____

Subtotal: _____

Stuff

My Score

1. All my garbage from today could fit into a:
Shoebox (20)
Large pail (60)
Garbage can (200)
No garbage created today! (-50) _____
2. I reuse items rather than throw them out. (-20) _____
3. I repair items rather than throw them out (-20) _____
4. I recycle all my paper, cans, glass, and plastic. (-20) _____
5. I avoid disposable items as often as possible. _____
Yes (-10)
No (60)
6. I use rechargeable batteries whenever I can. (-30) _____
7. Add one point for each dollar you spend in a typical day.
Today was a Buy Nothing Day (0) _____

Subtotal: _____

Fun

My Score

1. For typical play, the land converted into fields, rinks, pools, gyms, ski slopes, parking lots, etc., added together occupy: _____
Nothing (0)
Less than 1 hectare / 2½ acres (20)
1 to 2 hectares / 2½ to 5 acres (60)
2 or more hectares / 5 or more acres (100)
2. On a typical day, I use the TV or computer _____
Not at all (0)
Less than 1 hour (50)
More than 1 hour (80)
3. How much equipment is needed for typical activities? _____
None (0)
Very little (20)
Some (60)
A lot (80)

Subtotal: _____

Summary

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

Water use _____

Food _____

Transportation _____

Shelter _____

Energy Use _____

Clothing _____

Stuff _____

Fun _____

Grand Total: _____ **divided by 100 =** _____ **hectares is My Ecological Footprint**