

## Calculating Your Personal Ecological Footprint

**Instructions:** Read each question and put a check mark in the box that is most true for you.

	Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7
<b>FOOD</b>							
1. How often do you eat animal-based food products? (dairy products, beef, pork, chicken, fish, eggs)	Never (vegan)	Infrequently (vegetarian, but eat eggs or dairy occasionally)		Occasionally (no meat or occasional meat, but eggs/dairy almost daily)	Often (meat once or twice a week)	Very often (meat daily)	Almost always (meat and eggs/dairy in almost every meal)
2. How many home-made meals do you eat per week (including lunches at school)?	Almost all are home-made	Three quarters		Half		One-quarter	Most of the meals I eat are processed, packaged, or purchased
3. When buying food, does your family try to buy locally produced goods (farmer's market, Alberta producers)?	Yes	Sometimes		Don't know		Rarely	No
<b>HOUSING</b>							
4. How many people live in your household?	7 or more people	6 people	5 people	4 people	3 people	2 people	1 person
5. Which best describe your home?	Green-design housing (solar panels, straw-bale)	Multi-story Apartment building		Row house or building with 2 - 4 units (condo)		House	Home on acreage
6. Do you turn off TV/lights when not in room? Put on a sweater when cold, rather than turning up heat?	Always	Most of the time		Half of the time	Some of the time		Never
7. Do you conserve water?	Yes, we have low-flow showerheads and low flush toilets		We have rain barrels to water plants outside		I turn off the tap when brushing my teeth		No
<b>TRANSPORTATION</b>							
8. If your family owns/uses a car, what type of car is it? (pick the one your family uses most)	Motorcycle	Hybrid Vehicle	Small compact	Mid-sized	Full-sized	SUV or Mini-Van	Pickup Truck, Hummer, Full-sized Van
9. Do you bicycle, walk, or use public transit to get to school and around town?	Most of the time			Sometimes			Seldom
10. Approximately how many hours do you spend flying each year?	Never fly	3 hours or less	10 hours or less	25 hours or less	50 hours or less	75 hours or less	76 hours or more
<b>WASTE</b>							
11. Do you compost?	Always		Sometimes		Rarely		Never
12. Do you recycle (pop cans, cardboard, paper, bottles, etc)?	Always		Sometimes		Rarely		Never
13. Compared to people in your neighborhood, how much waste does your family generate?	Much less (<1 bag per week)			About the same (1 - 2 bags per week)			Much more (more than 2 bags per week)
Add your checkmarks for each column. Multiply by the number shown. Add your total score and flip page	_____ +	_____ +	(_____ X 2) = _____ +	(_____ X 2) = _____ +	(_____ X 3) = _____ +	(_____ X 3) = _____ +	(_____ X 3) = _____
							<b>Total score:</b>

## Calculating Your Personal Ecological Footprint



- 1) To calculate your ecological footprint, or the demand you place on nature to support your lifestyle, use the chart on the other side of this page. Read each question and place a checkmark in the column that reflects the way you live today.
- 2) Add the checkmarks in each column. Write the number in the space provided. In some cases, you will need to multiply by the number shown.
- 3) Add your total score and write it in the space provided.
- 4) See where your score fits into the eco-footprint descriptions to the right.

**My Eco-Footprint Score is:** \_\_\_\_\_

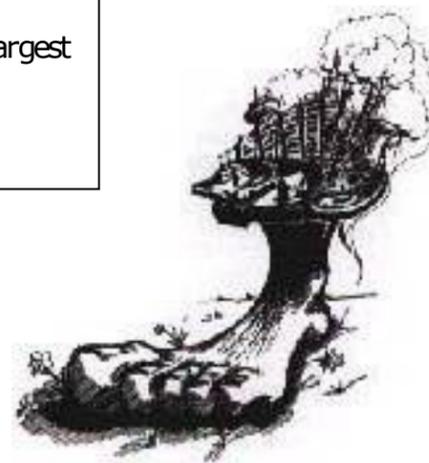
**I need** \_\_\_\_-\_\_\_\_ **ha of resources to support my lifestyle**

### How do I measure up?

Compare your footprint to some of these from around the world:

Global Amount Available:	2.0 Ha/person = 1 earth
Global Average:	2.8 Ha/person = more than 1 earth
India:	0.8 Ha/person = less than 1 earth
France:	5.3 Ha/person = 2.5 earths
Canadian Average:	7.7 Ha/person = 4 earths
United States:	9.5 Ha/person = 5 earths
Calgary:	9.9 Ha/person = 5 earths & the largest footprint in Canada

2.0 Ha = approx 2.5 football fields



### If your score is between 13 - 18 points:

**You need 2.0 - 4.5 ha of resources to support your lifestyle.**

**If everyone lived like you, we would need 1 - 2 earths.**

Congratulations! **You have a small Canadian Footprint!** You are doing a great job of having a low impact on the environment. Recycling, walking, biking, conserving water - these are all important steps in saving the natural resources that we need to live long, healthy lives. Keep making the effort to reduce your ecological footprint. See if you can influence others around you to reduce their ecological footprints, too.

### If your score is between 19 - 22 points:

**You need 4.5 - 8.5 ha of resources to support your lifestyle.**

**If everyone lived like you, we would need 2.5 - 4 earths.**

**You have a medium Canadian Footprint!** You're on the right track! Think about some more small changes you could make to reduce your total impact even more. Take a look at where your scores are quite high and look for small changes that can bring down your impact on nature. Try to walk or bike to school more often, start composting at your home, or encourage your parents to install low-flow showerheads or toilet flappers (not only will these save water, they'll save money!). Even small changes in your lifestyle will make a big difference!

### If your score is between 23 - 52 points:

**You need 9.0 - 28 ha of resources to support your lifestyle.**

**If everyone lived like you, we would need 4.5 - 14 earths!**

**You have a very large Canadian Footprint.** You might want to start thinking differently about the way you live and your impact on the earth. Don't worry, it won't be hard! Look for small things to change: take shorter showers, bring homemade lunches to school, or start recycling. These small actions can make a BIG difference. Take the footprint test again in a few weeks or months and see if your score changes.