

# Calculating Your Ecological Footprint



## Transportation

How did you travel today?

Walked	0
Cycled	5
Took Public Transit	10
Got a Drive	15
Drove	30

Multiply each score by the number of times you used that method of travel to move from one location to another in one day and add together.

Day 1 total score:  
Day 2 total score:  
Day 3 total score:

## Water Use

How much water did you use?

No shower	0
1-2 minutes	5
3-6 minutes	10
10 minutes +	20
Bath	20

Day 1 total score:  
Day 2 total score:  
Day 3 total score:

## Clothing

Are you wearing the same clothes today that you wore yesterday?

Most	0
Some	5
None	10

Are you wearing the same clothes today that you wore the day before yesterday?

Most	0
Some	5
None	10

Did you wear something that had been mended. -5

Did you do the mending? -5

50% of my clothes are second-hand (score for Day 1 only).

Yes	0
No	20

Day 1 total score:  
Day 2 total score:  
Day 3 total score:

## Recreation

Consider the games, sports, and activities you participated in during your day. How much equipment did you need to participate?

None or little	0
Some	10
Quite a bit	20

How much land was converted to playing fields, ice rinks, swimming pools, gym space, ski runs, etc. to meet your recreation needs?

None or little	0
Some (<1 ha)	10
Quite a bit (>1 ha)	20

How much money did you spend? 1 point for every dollar spent

Day 1 total score:  
Day 2 total score:  
Day 3 total score:

## Food

How many portions of meat did you eat?

None	0
One portion	10
Two portions	20

*etc.*

How much food did you leave on your plate?

None	0
Some	5
Quite a bit	10

Did you compost all of your scraps?

Yes	0
No	10

Is your food locally grown?

All	0
Some	10
None	20

Was your food packaged in paper or plastic?

None	0
Some	10
All	20

Day 1 total score:  
Day 2 total score:  
Day 3 total score:

## Garbage

If you were to take everything that you threw in the garbage today and put it all into the same container, what size of container would you need to hold it all?

Nothing	0
Cup	5
Shoobox	20
Crate	30

Day 1 total score:  
Day 2 total score:  
Day 3 total score:

## Living Space

Calculate in square metres the indoor space that you spend time in, including your home(s), school, and anywhere else you spent time (friend's house, cottage, parents, grandparents, etc.). (10 square feet ≈ 1 square metre)

Home sq m ÷ # People =  
School sq m ÷ # People =  
"Other" sq m ÷ # People =

Total sq metres:

## Totals

All Day 1 totals:  
+ All Day 2 totals:  
+ All Day 3 totals:  
+ Total sq metres:

GRAND TOTAL:

Convert your grand total into your personal "footprint" for the last three days by dividing it by 100 (Grand Total ÷ 100 = Your Ecological Footprint).

**Your Ecological Footprint:**

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