

Ecological FOOTPRINT

For each question, circle the points for your action. At the end of each section, add up the points for that category to obtain a subtotal.

Clothing

1. Most of my clothes are purchased new.
Yes (100)
No (0)
2. My clothes are washed every time after I wear them.
Always (100)
Sometimes (0)
3. I buy my clothes from the thrift or re-sale store.
Always (-50)
Sometimes (-20)
Never (50)
4. I give clothes that no longer fit to the thrift store or friends.
Yes (-50)
No (100)
5. I have _____ of shoes
1-2 pairs (0)
3-6 pairs (60)
More than 7 pairs (90)

Subtotal: _____

Transportation

1. To get to work, I usually...
Walk (0)
Ride my bike (0)
Take the bus (30)
Carpool (30)
Drive my own car (200)
2. My household has...
No vehicles (-20)
1 vehicle (50)
2 vehicles (100)
More than 2 vehicles (200)
3. The vehicle I use the most is...
We don't have a car (-100)
Hybrid or an alternative fuel (-50)
Small (100)
Medium (200)
Large, SUV or truck (300)
4. How many miles per gallon (mpg) does that vehicle get?
Less than 20 mpg (200)
20-24 mpg (100)
25-30 mpg (50)
More than 30 mpg (-20)
I don't know (20)
5. I spend _____ in a car on a typical day.
No time (-20)
Less than 30 min (40)
30-60 min (60)
More than 1 hour (100)

Subtotal: _____

Energy Use

1. When it gets cold at my house, the first thing I do is...
Put on more clothes (-50)
Turn up the heat (100)
2. We use a washing machine and dryer to clean our clothes.
Yes (100) if energy efficient only 50 pts
No (0)
3. I spend at least 5 minutes a day staring in the refrigerator looking for something to eat.
Yes (100)
No (0)
4. I turn off the lights, computer, TV and radio when not in use.
Always (0)
Sometimes (50)
5. To cool off in the summer we use...
Air Conditioning (50)
Electric Fan (10)
Nothing (-50)
6. I use a hair dryer and clothes iron each day.
I don't have one (0)
One appliance (50)
Both appliances (100)
7. I watch _____ of TV on an average day.
No TV for me! (0)
1 show or 30 mins (50)
2-4 shows or 1-2 hrs (100)
5 or more shows or over 2.5 hrs (200)

Subtotal: _____

Water Use

1. My shower usually lasts for...
1-2 minutes (25)
3-6 minutes (50)
7-10 minutes (75)
More than 10 minutes (100)
2. I use low-flow showerheads & water saving toilets.
Yes, we have both (-40)
Yes, we have one or the other (-20)
No, we have neither one (0)
I don't know (20)
3. I flush the toilet...
Every time I use it (60)
Sometimes (20)
4. When I brush my teeth I let the water run.
Yes (20)
No (0)
5. I wash my vehicle in the street.
Yes (80)
No (0)
6. I water my lawn weekly during the summer.
Yes (80)
No (0)

Subtotal: _____