

**ECOLOGICAL FOOTPRINT:
HOW DOES THE WAY WE LIVE AFFECT EARTH?**



ECOLOGICAL FOOTPRINT CALCULATOR

(Adapted from Sea to Sky Outdoor School's Ecological Footprint Questionnaire www.seatosky.bc.ca)

Name: Amin Lotfi

Fill in the questionnaire based on a typical day for you.

WATER USE

Points

Choose one:

- If your shower is usually 1-2 minutes or your bath is $\frac{1}{4}$ full, you get +40
- If your shower is usually 3-6 minutes or your bath is $\frac{1}{2}$ full +60
- If your shower is usually more than 10 minutes or your bath is full, you get +80..... 80

Choose one:

- If you flush the toilet every time you use it your get +30
- If you let the "yellow mellow" sometimes you get +15..... 30

If you use a water-saving device in your toilet tank, you get -5..... 0

If you use a water-saving toilet and washer, you get -5..... 0

If you use a water-saving shower head, you get -10 0

If you always wash your clothing in cold water, you get -10..... 0

If you brush your teeth with the water running, you get +30 0



Choose one:

- If your family usually washes the car and/or waters the garden every week, you get +60
- If your family usually washes the car and/or waters the garden every 2nd week you get +30
- If your family usually washes the car and/or waters the garden every 3rd week or more you get +20..... 20

Add up your Water Use subtotal

Water Subtotal: 130

CLOTHING

Points

If some of your clothes were bought brand new for you or by you, you get +100 100

If about $\frac{1}{4}$ of your clothes are second-hand or hand-me-down, you get -10..... 0

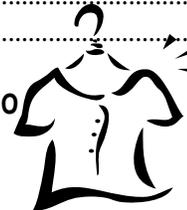
If some of the clothes that you often wear have been mended or fixed, you get -10 0

If you sew some of your own clothes, you get -10 0

If you are wearing some of the clothes you were wearing yesterday, you get -5 -5

Choose one:

- If you hardly ever wear about $\frac{1}{4}$ or less of the clothes you own, you get +10
- If you hardly ever wear about $\frac{1}{2}$ of the clothes you own, you get +40
- If you hardly ever wear about $\frac{3}{4}$ of the clothes you own, you get +60
- If you hardly ever wear more than $\frac{3}{4}$ of the clothes you own, you get +80 40



Add up your Clothing subtotal

Clothing Subtotal: 135



	Points
STUFF	
If you have repaired something this week that might have been thrown out, you get -5	<u>0</u>
For each that you fully recycle give yourself -5 points: newspaper; office paper; cans; hard plastic; plastic bags; glass; old clothes; batteries; motor oil from the car; cardboard, boxboard	<u>-50</u>
Choose one:	
• If all your household cleaners are environmentally friendly, give yourself -10	
• If some of your household cleaners are environmentally friendly, give yourself -5	<u>-5</u>
If you use non-environmentally friendly pesticides, give yourself +400	<u>0</u>
Choose one:	
• If all your garbage on a typical day would fit into 1 garbage can, you get +120	
• If all your garbage on a typical day would fit into a basket, you get +90	
• If all your garbage on a typical day would fit into a shoebox, you get +70	
• If all your garbage on a typical day would fit into a cup, you get +30	
• If you typically have no garbage all day, you get no (0) points.	<u>90</u>
Choose one:	
• If you really try to avoid using "disposable" items (e.g., pens, cameras, drink containers), you get -5	
• If you do not avoid disposable items, you get +20	<u>-5</u>
For each dollar you spend on a typical day, give yourself +1	<u>30</u>
Add up your Stuff subtotal	Stuff Subtotal: 60



	Points
SHELTER	
Write down the number of rooms in your home (do not include bathrooms) <u>4</u> (A)	
Write down the number of people that live in your home <u>5</u> (B)	
Calculate the number of rooms per person (A divided by B) = _____	
Choose one:	
• If the number of rooms per person is less than 2, you get +20	
• If the number of rooms per person is 2 to 4, you get +70	
• If the number of rooms per person is 5 to 10, you get +100	
• If the number of rooms per person is more than 10, you get +150	_____
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 -10	_____
If you have a second home or vacation home that you do not own together with another family, you get +400	_____
If you have a second home or vacation home that you own together with another family, you get +200	_____
If you always turn off the lights and other electrical appliances when you leave a room, give yourself -20	_____
If you keep the house temperature cool in winter and wear a sweater, give yourself -20	_____
Choose one:	
• If all your light bulbs are energy conserving bulbs, give yourself -20	
• If some of your light bulbs are energy conserving bulbs, give yourself -10	
Add up your Shelter subtotal	Shelter Subtotal:



TRANSPORTATION

Points

If you usually spend some time on your bike on a typical day, you get **+5**..... _____

If you usually spend some time of the day on a public transport (bus or ferry), you get **+30**..... _____

If you usually spend some time carpooling (travelling with others in their car), you get **+50**..... _____

If you usually spend some time travelling just with your family in your car, you get **+100**..... _____

If you usually spend some time walking to where you're going, you get no **(0)** points!..... _____

Choose one:

- If you usually spend more than an hour per day in a vehicle, you get **+70**
- If you usually spend $\frac{1}{2}$ to 1 hour per day in a vehicle, you get **+40**
- If you usually spend less than $\frac{1}{2}$ hour per day in a vehicle, you get **+20**
- If you usually do not spend any time travelling in a vehicle, you get no **(0)** points _____

Choose one:

- If your family does not own a car, you get **-5**
- If your family uses one car, you get **+20**
- If your family uses two cars, you get **+40**
- If your family uses more than two cars, you get **+60** _____



Choose one:

- If the car you are most often in is a small car (often only 2 doors), you get **+30**
- If the car you are most often in is a medium-sized car (often 4 door), you get **+60**
- If the car you most often in is a huge car (e.g. SUV), you get **+100**..... _____

Add up your Transportation subtotal

Transportation Subtotal:

FUN

Points

For you to do your activities on an average day, consider how much land has been changed into fields, rinks, pools, gyms, ski slopes, movie theatres, parking lots etc?

(One hectare is 100 metres squared, 2.47 acres, or about 1.5 football fields.)

Choose one:

- If very little land has been changed (less than 1 hectare), you get **+10**
- If some land has been changed (between 1 - 2 hectares), you get **+40**
- If lots of land has been changed (more than 2 hectares), you get **+60**..... _____



Choose one:

- If you usually spend more than an hour on the computer and/or watching TV per day, you get **+70**
- If you usually spend less than an hour on the computer and/or watching TV, you get **+40**
- If you don't usually spend any time watching TV or at the computer, you get no **(0)** points _____

Choose one:

- If you need a lot of equipment for your average day's activities (e.g. ski gear), you get **+40**
- If you need some equipment for your activities (e.g. soccer ball), you get **+30**
- If you need only a little equipment for your activities (e.g. binoculars), you get **+20**..... _____

Add up your Fun subtotal

Fun Subtotal:

FOOD

Points

• If you grow a lot of your own food, you get **-10 points**

Choose one:

- If some of the food you usually eat was grown in BC, you get **+20**
- If none of the food you usually eat was grown in BC, you get **+40**
- If everything you usually eat was grown in BC, you get no **(0)** points

Choose one:

- If some of the food you usually eat is organic (grown without pesticides, etc), you get **+20**
- If none of the food you usually eat is organic, you get **+40**
- If all your food is organic, you get no **(0)** points

Choose one:

- If you compost all your fruit and vegetable waste, you get **-10**
- If you compost some of your fruit and vegetable waste, you get **-5**
- If you do not compost, you get **+30**

Choose one:

- If you usually throw out about $\frac{1}{2}$ your food, you get **+100**
- If you usually throw out about $\frac{1}{3}$ of your food, you get **+70**
- If you usually throw out about $\frac{1}{4}$ of your food, you get **+40**
- If you usually throw out less than $\frac{1}{4}$ of your food, you get **+15**
- If you make sure you never waste food, you get no **(0)** points



Note: You are going to get a lot of points in the next section because you have to eat!

For each time in one week that you eat non-organic beef, give yourself **+20**

For each time in one week that you eat organic beef, give yourself **+10**

For each time in one week that you eat non-organic pork, give yourself **+15**

For each time in one week that you eat organic pork, give yourself **+10**

For each time in one week that you eat non-organic or factory-raised chicken, give yourself **+15**

For each time in one week that you eat organic, free-range chicken, give yourself **+5**

If farmed fish is part of your diet, you get **+100**

If wild fish is part of your diet, you get **+40**

Choose one if you eat eggs:

- If non-free range eggs are part of your diet, you get **+40**
- If free-range eggs are part of your diet, you get **+20**

If dairy products (milk, cheese, yoghurt, etc) are part of your diet, you get **+40**

If fruit is part of your diet (and it should be!), you get **+20**

If vegetables are part of your diet (and they should be!), you get **+20**

Add up your Food subtotal **Food Subtotal:**

Now add up all your Subtotals. Total = _____

Divide by 100 (e.g. 527 becomes 5.27) = _____. This is your Ecological Footprint

My Ecological Footprint is **hectares***



*One hectare = 100 metres square, 2.47 acres, or 1.5 football fields.