

## What is my impact on the planet? My Personal Ecological Foot Print

Procedure: complete each of the charts adding points assigned to your habitats in a typical day of your life. Add points on each category and transfers it to the summary chart in order to get the total points. Afterwards, calculate your ecological foot print (EFP) in hectares (Ha). Taking into account that a football field has an average surface of 0.7 Ha, you can also represent your ecological foot print (the planet surface that you need to cover all your demand of natural resources and to absorb the waste you produce) by calculation how many football fields your EFP represent.

WATER CONSUMPTION	
My shower/ bath on a typical day. No shower/bath [0]; 1-3 minutes [30]; 1/4 full tub bath [30]; 3 -10 minutes [50]; half full tub bath [50]; More than 10 minutes long shower/ full tub bath [90]	
We have water-saving toilets: Yes [-20]; No [0]	
I flush the toilet. A few times, only when the smell is bad [10]; Sometimes [20]; Every time I use it [40]	
When I brush my teeth, I let the water run: I don't let the water run [-10]; I let the water run [40]	
We use low-flow showerheads and faucets. Yes [-20]; No [0]	
We have no lawn [0]. Watering the lawn:	
We have saving water system: Yes [-10]; No [0]	
We use: recycled/ other water [0]; tap water [20]	
We usually water the lawn: in the morning or at night [50]; In the middle of the day [150]	
Washing our dishes. We use a dishwasher only when it is full [40]; We wash dishes by hand [50]; We use a dishwasher not full [80]	
We wash the car. At home every week [150]; At home once a month [50]; At washing car shop every week [75]; At washing car shop once a month [25]	
<b>Water Total Score:</b>	

FOOD	
On a typical day I eat (breakfast, lunch, dinner). How many portions? Multiply the number with the value of each portion?	
Beef [150] Portion	
Chicken [100] Portion	
Farmed fish [80] Portion	
Wild fish [40] Portion	
Eggs [40] Portion	
Milk/ diary [40] Portion	
Fruit [20] Portion	
Vegetables [20] Portion	
Grains: pasta, bread, cereal, rice [20] Portion	
My food is locally grow: All [0]; Some [40]; None[80]	
My food is organic. All [0]; Some [40]; None [80]	

I compost my fruit/vegetables scraps. Yes [-20];No [60]	
My food is processed. None [0]; Some [30]; All [100]	
My food has packaging. None [0]; Some [40]; All [100]	
Food I waste (throw out) in a typical day. None [-20]; A few [0]; A 10% [10]; One four, 1/4 [40]; Half, 1/2 [60]; More than Half [150]	
<b>Food Total Score:</b>	

TRANSPORTATION	
Travel on a typical day (choose below)	
Foot. Never [0]; Occasionally [-10]; Mainly [-40]; Always [-100]	
Bike. Never [50]; Occasionally [25]; Mainly [15]; Always [0]	
Public Transport. Never [0]; Occasionally [30]; Mainly [60]; Always [100]	
Ride a Motorcycle or Motorbike. Never [0]; Occasionally [50]; Mainly [125]; Always [200]	
Carpool in private vehicle. Never [0]; Occasionally [100]; Mainly [250]; Always [500]	
Drive alone in private vehicle. Never [0]; Occasionally [200]; Mainly [500]; Always [1000]	
<b>Total Travel on a typical day</b>	

My vehicle fuel efficiency. No vehicle [0]. Electric [10]; Less than 6 litres/ 100 km [30]; 6 - 9 litres/ 100 km [50]; 10 - 13 litres/ 100 km [100]; More than 13 litres/100 km [200]	
Time I spend in vehicles on a typical day. No time [0]; Less than half an hour [30]; Half an hour to one hour [50]; More than 1 hour [+100]	
How big is the car in which I generally travel? No car [-20]; Small car [50]; Medium car [100]; Large/ SUV [200]	
Number the cars at home. No cars [-20]; 1 car [50]; 2 cars [100]; More than 2 cars [200]	
Time I usually spend flying each year. Never fly [-20]; Less than 10 hours [50]; 10 -50 [100]; 50 -100 hours [200]; More than 100 hours [350]	
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]	
<b>Transportation Total Score:</b>	

CLOTHING	
Change outfit every day and put it in laundry. No [0]; Yes [70]	
I wear mended or fixed clothes. No [0]; Yes [-20]	



1/4 of my clothes are handmade/secondhand. No [0]; Yes [-25]	
Most of my clothes are purchased every year. No [0]; Yes [120]	
I give clothes no longer wear to recycling. No [-100]; Yes [0]	
I buy shirts made of organic fabric when I can. No [0]; Yes [-10]	
% of clothes of my cupboard that I never use. Less than 25% [25]; 25-50% [50]; 50-75% [75]; More than 75% [100]	
Pairs of shoes that I have. 2 to 3 pairs [20]; 4 to 6 pairs [50]; 7 or more pairs [90]	
<b>Clothing Total Score:</b>	

SHELTER	
Number of rooms per person. Fewer than two rooms per person [10]; 2-3 rooms per person [80]; 4-6 rooms by person [140]; 7 or more rooms per person [200]	
When I travel I usually stay in. Tent [0]; Bed & Breakfast [20]; Motor home [60]; Small/ Simple hotel [80]; Big expensive hotel [120]	
We own a second home that is often empty. No [0]; We own/use with others [200]; Yes [400]	
<b>Shelter Total Score:</b>	

ENERGY USE	
During winter, our house temperature is. Under 16°C [-20]; 16-18°C [40]; 18-20°C [60]; 20- 22°C [150]; More than 22°C [200]	
In summer time. We never use conditioner air [0]; We use conditioner air occasionally [50]; We always use conditioner air [150]	
We dry clothes. Always outdoors [-50]; Often outdoors [20]; We usually use a dry machine [100]	
We use an efficient-energy refrigerator. Yes [-20]; No [70]	
Solar, wind or geothermal energy at home?. Yes [-40]; No [0]	
Energy-efficient lighting at home?. Compact, Fluorescent light bulbs or leds. All of them at home [-50]; Some of them [50]; Non of them [100]	

Turn off all electric devices, Never "Stand by". Always [-10]; Often [20]	
<b>Energy Total Score:</b>	

FUN	
On a typical day I chat/phone with friends. 15 minutes or less [0]; Less than 1 hour [50]; 1-4 hours [100]; More than 4 hours [200]	
My activities on a typical day are. In nature [-50]; Sports/ fun outdoors [25]; Sports/ fun indoors [50]	
<b>Fun Total Score:</b>	

STUFF	
All my garbage from today could fit into a. Less than a shoebox [- 50]; Shoebox [20]; Large pail [60]; Garbage can [200]	
I repair items rather than throw them out. Always [-20]; Often [20]; Sometimes [50]; Never [100]	
I recycle all my paper, can, glass, plastic. Always [-20]; Often [20]; Only sometimes [70]; Never [150]	
I avoid disposable items as often as possible. Yes always [-10]; Often [20]; Sometimes [50]; Never [150]	
I use rechargeable batteries. Yes [-30]; No [0]	
<b>Fun Stuff Score:</b>	

Water total score
Food total score
Transportation total score
Clothing total score
Shelter total score
Energy use total score
Fun total score
Stuff total score
<b>TOTAL</b>
<b>Ecological Footprint</b>
Hectares (= Total * 0.004)      Football Fields (=Total Ha/0.7)

This worksheet has been made as an adaptation of several edited materials:

- Teaching green: *How big is my Ecological Footprint?*, by Tin Turner (Teaching Green: The Middle years)
- Center for sustainable economy calculator
- Ecological footprint network resources

Calculate the ecological footprint is complex and requires a special adaptation to each country conditions of life and productivity. For this reason, and just to work with our students, we have simplify ranks of quality-of-life and habits, and we have also adapted values to the context of our countries. Nevertheless, the exercise permit to our students to estimate their impacts on the planet, and analyzing the ecological footprint in different countries, student will be aware that a bunch of choices are possible to reduce their impact and debunk the myth that a person's quality of life is directly proportional to consumption as well.

