

## Eco-Footprint Quiz

# How Large is Your Footprint?

	Points	Your Score
<b>Food</b>		
<b>1) How much meat do you eat?</b>		
a. Vegan (no meat)	0	
b. Vegetarian (no meat, but eggs or dairy)	1	
c. Meat 1 to 4 days a week	2	
d. Meat almost every day	3	_____
<b>2) How much food is wasted in your household?</b>		
a. Most is eaten	1	
b. Occasional waste of rotten or uneaten food	2	
c. Uneaten food thrown away most days	3	_____
<b>3) Where do you get most of your food?</b>		
a. Grown at home or bought from local markets - no plastic packaging	1	
b. Grown in your country and bought from supermarkets packaged in plastic	2	
c. Mostly imported food from supermarket, packaged in plastic	3	_____
<b>Travel</b>		
<b>4) How many miles do you travel in a week?</b>		
a. 0 miles	0	
b. less than 50 miles per week	1	
c. 50 - 150 miles per week	2	
d. Over 150 miles per week	3	_____
<b>5) Do you bicycle, walk, or use animal power to get around?</b>		
a. All the time	0	
b. Most of the time	1	
c. Sometimes	2	
d. Seldom	3	_____
<b>6) Do you own a car?</b>		
a. No	1	
b. One small car (1600 cc or less)	2	
c. Large car, SUV, truck or more than one car	3	_____
<b>7) How often do you drive in a car with someone else, rather than alone?</b>		
a. Always	0	
b. Very often	1	
c. Occasionally	2	
d. Almost never	3	_____

## Eco-Footprint Quiz

Points

Your Score

**8) Approximately how many hours do you spend flying each year?**

- |                        |   |       |
|------------------------|---|-------|
| a. Never fly           | 0 |       |
| b. Less than 25 hours  | 1 |       |
| c. 25 -100 hours       | 2 |       |
| d. More than 100 hours | 3 | _____ |

### Housing

**9) How big is your house?**

- |                         |   |       |
|-------------------------|---|-------|
| a. Small (1-3 rooms)    | 1 |       |
| b. Medium (4-7 rooms)   | 2 |       |
| c. Large (over 7 rooms) | 3 | _____ |

**10) What power source does your house have?**

- |                                 |   |       |
|---------------------------------|---|-------|
| a. Some or all solar/wind power | 1 |       |
| b. Only electricity or gas      | 2 |       |
| c. Wood/coal/paraffin           | 3 | _____ |

**11) How much electricity does your household use?**

- |                           |   |       |
|---------------------------|---|-------|
| a. Up to \$25 per month   | 1 |       |
| b. \$25 to \$50 per month | 2 |       |
| c. Over \$50 per month    | 3 | _____ |

**12) How many of these waterwise activities do you do?**

Share baths; recycle used water on garden; garden with indigenous plants; have a dual-flush toilet; have no swimming pool

- |                   |   |       |
|-------------------|---|-------|
| a. All 5 of these | 1 |       |
| b. 3 - 4 of these | 2 |       |
| c. 0 - 2 of these | 3 | _____ |

**13) Do you recycle paper; aluminum cans; plastic; glass and make compost?**

- |                   |   |       |
|-------------------|---|-------|
| a. All 5 of these | 1 |       |
| b. 3 - 4 of these | 2 |       |
| c. 0 - 2 of these | 3 | _____ |

**14) How many children do you have?**

- |                |   |       |
|----------------|---|-------|
| a. None        | 1 |       |
| b. One         | 2 |       |
| c. Two or more | 3 | _____ |

\_\_\_\_\_ Total points

## Eco-Footprint Quiz

### How did you score?

#### **Less than 16 points – Twinkle Toes**

You tread softly on our Earth and have a small footprint compared to others. Wish there were more of you around!

#### **17 to 30 points- Bigfoot**

You have a medium footprint and your presence on Earth is damaging. The natural environment cannot support very many people like you.

#### **Over 30 points - Godzilla**

Lighten up! If everyone had footprints like this, we would need several more Earths to have enough resources to meet all these demands!

#### IN COMPARISON:

WORLDWIDE, THERE EXISTS **4.5** BIOLOGICALLY PRODUCTIVE **ACRES PER PERSON, HOWEVER**  
THE AVERAGE ECOLOGICAL FOOTPRINT IN THE UNITED STATES IS **24 ACRES PER PERSON.**

Measure your full impact at [www.earthday.net](http://www.earthday.net)



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