

Ecological Footprint Quiz with Sample Results

Full quiz found: http://www.myfootprint.org/en/visitor_information/

1. What country do you live in?

2. What measurement system would you like to use?

- Metric U.S.

3. How many people live in your household?

- 1 2 3 4 5 or more

4. What is your annual household income in U.S. dollars (\$USD)?

- \$29,000 or less \$30,000 - \$59,000 \$60,000 - \$89,000 \$90,000 - \$119,000 \$120,000 or more

5. What best describes the climate zone you live in?

If you are not sure, the dominant climate for your country is already selected.

Arctic or high cold mountain regions (like northern Siberia or the high Himalayas)

- High latitudes with cold winters and cool summers (like Moscow or Stockholm)
- High desert (like Kabul or Mexico City)
- Temperate or Mediterranean (like New York, Rome, Buenos Aires or Hong Kong)
- Warm to hot lowland desert (like Phoenix or Dubai)
- Tropical and wet, including rainforests (like Rio de Janeiro or Manila)
- Tropical, but relatively dry, including savannahs (like Bhopal, Brasilia or Nairobi)

6. What is the size of your home?

500 - 1000 square feet or less (apartment or studio)

- 1000 - 1500 square feet (small home, approximately 2-3 bedrooms)
- 1500 - 2000 square feet (average home, approximately 3 bedrooms)

- 2000 - 2500 square feet (large home, approximately 4 bedrooms)
- 2500 square feet or larger (very large home)

7. What energy sources do you use in your home? Please check all that apply

Electricity

- Natural gas, propane, or liquefied petroleum gas
- Heating oil
- Wood or biomass

8. If your house uses electricity, what percentage is generated from renewable hydropower, wind, biomass, or solar sources?

The initial value is the country or regional average.

9. Please enter the number of miles you travel per year for each mode of transportation:

Automobiles, including personal vehicles, taxis, and carpools

Bus, including metro and long distance service

Rail, including subways, inner-city light rail, cross country trains

Air travel

What best describes the vehicle you most often drive or ride in?

A hybrid

- A small or compact car (2 door)
- A mid size car (4 door sedan)
- A large car (including vans and minivans)
- A pickup truck or sport Utility Vehicle (SUV)

Do you usually share rides with at least one other person?

10. Which energy saving features and habits do you have in your home? Please check all that apply

Compact fluorescent bulbs

- Energy efficient appliances
- Extra insulation
- Insulating blinds
- Solar panels
- Storm doors and windows
- Water saving fixtures

Energy saving habits

Turn off lights when leaving rooms

- Use power strips to turn off stand-by lights
- Turn off computers and monitors when not in use
- Dry clothes outside whenever possible
- Keep thermostat relatively low in winter
- Unplug small appliances when not in use
- Minimal use of power equipment when landscaping

11. What best describes where your home is located?

Inner city

- Older suburb
- Newer suburb
- Rural

12. Have you purchased offsets for carbon emissions associated with your home energy use and transportation?

13. What best describes your diet?

Vegan – Plant based foods only

- Vegetarian – Primarily plant based foods, but some dairy
- Omnivore – An assortment of meat, seafood, vegetables, dairy, and grains

- Carnivore – Meat, seafood, and dairy several times a week
- Top of the food chain – Meat, seafood, or dairy at almost every meal

14. Where do you obtain most of your food?

Farmers markets, gardens, cooperatives, and other local and fresh sources

- Natural foods markets
- Supermarkets for some items, natural food stores for others
- Supermarkets, convenience stores, and prepared foods from restaurants
- Restaurants, fast foods, and take out

15. How often do you select foods that are certified organic or sustainably produced?

Most of the time

- Sometimes
- Almost never

16. Which choice best describes how much you normally eat?

One large meal and a couple of light snacks per day

- Two large meals and two or three light or medium sized snacks per day
- Three large meals and several hefty sized snacks in between

17. Do you have a garden or share one to grow your own vegetables and herbs?

18. Which best describes your home?

An estate, ranch or farm

- A free standing single family house
- A house or building with 4 or fewer units
- A small apartment building (5 - 20 units)
- A large apartment building (20+ units)

19. Was your home or any portion of it built with recycled materials, wood certified as sustainably harvested, or any other green design features?

20. Approximately what share of your home furnishings are second hand or made of either recycled or sustainably produced materials?

Almost none

- A few
- A fair amount
- Almost all

21. Which water saving features and habits do you have in your home?
Please check all that apply

Low flow toilets

- Low flow shower heads and faucets
- Instant water heaters on sinks
- Rainwater catchment system
- Grey water recycling system
- Drought tolerant landscaping

Water saving habits

Compost rather than use garbage disposal

- Minimize shower time and toilet flushing
- Run clothes and dish washers only when full
- Wash cars rarely
- Look for and fix leaks regularly
- Avoid hosing down decks, walkways, driveways

22. How often do you select cleaning products that are biodegradable or non-toxic?

Almost never

- Sometimes
- Most of the time

23. What best describes your spending and saving habits?

I tend to spend all of my income and then some.

- I generally live within my means.
- I am a frugal spender, and regularly save money for the future.

24. How often do you buy new things to replace old ones?

I tend to use things until I genuinely need to replace them.

- Some items I use for years, others I replace before I need to.
- I frequently replace belongings even if they are in good condition.

25. How many standard size garbage bins does your household fill each week?

Less than one

- One or two
- More than two

26. What proportion of the following wastes do you recycle?

None

A fair amount

Almost all

Paper

Aluminum

Glass

Plastic

Electronics

27. When you buy clothing or paper products, how often do you select items labeled as recycled, natural, organic, or made of alternative fibers such as hemp or Tencel?

Almost never

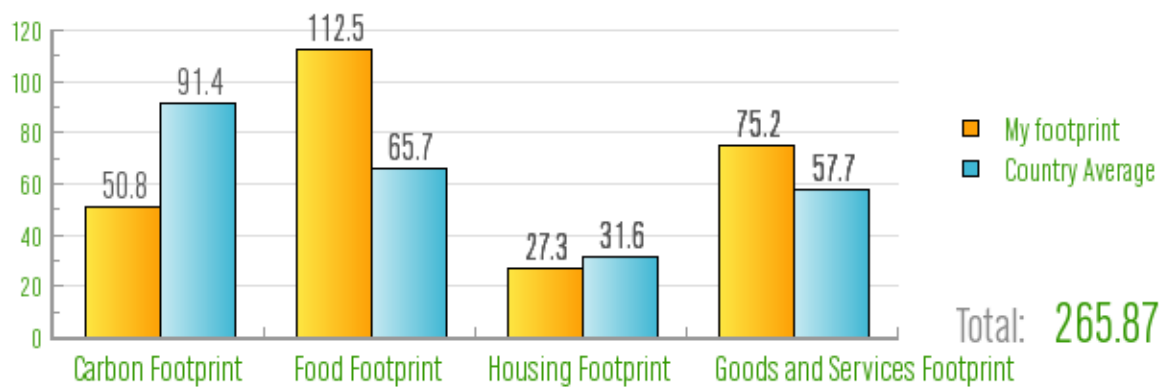
- Sometimes
- Almost always

SAMPLE RESULTS

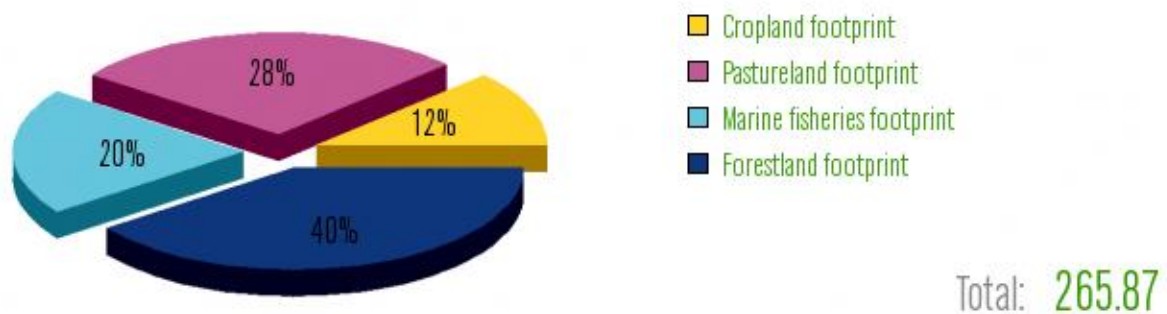
If everyone on the planet lived my lifestyle, we would need:

= 6.85 Earths

MY FOOTPRINT IN GLOBAL ACRES BY CONSUMPTION CATEGORY



MY FOOTPRINT SHARE BY BIOME



Your resultsYour results ↓

(in global acres)	Footprint	Country Average
Carbon footprint	50.82	91.43
Food footprint	112.46	65.74
Housing footprint	27.34	31.58
Goods and services footprint	75.25	57.66
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My total footprint	265.87	246.41

(in global acres)	Footprint	Country Average
Cropland footprint	32.16	29.61
Pastureland footprint	74.73	68.02
Marine fisheries footprint	53.86	49.33
Forestland footprint	105.12	99.45
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My total footprint	265.87	246.41
Number of Earths	6.85	6.35