MyFootprint.org worksheet ID number _____

Age _____ City Size _____ Similar City _____ Gender M / F

Food Footprint:

1. How often do you eat animal based products? _____

2. How much of the food that you eat is processed and packaged and not locally grown? _____

Goods Footprint:

3. Compared to people in your neighborhood, how much waste do you generate?

Shelter Footprint:

4. How many people live in your household? _____

5. What is the size of your home? _____

6. Which housing type best describes your home? _____

7. Do you have electricity in your home? _____

Mobility Footprint:

8. On average, how far do you travel on public transportation each week (bus, train, subway or ferry)? _____

9. On average, how far do you go my motorbike each week (as a driver or passenger)? _____

10. On average, how far do you go by car each week (as driver or passenger)? _____

11. Do you bicycle, walk, or use animal power to get around? _____

12. Approximately how many hours do you spend flying each year? _____

13. How many miles per gallon does your car get? _____

14. How often do you drive in a car with someone else, rather than alone? _____

Results:

	Acres
Food	
Mobility	
Shelter	
Goods/Services	
Total footprint	
How many earths?	

What is one parameter you would be willing to change to reduce your footprint?_____

How much could you change it
(from_____ to _____)

How much of a difference would it make?
(Try it and see) new footprint _____
new # of earths