

Name: \_\_\_\_\_  
years

Age: \_\_\_\_\_

### Personal Eco-Footprint

Procedure: Check the appropriate boxes for the value/option that corresponds to a typical day. Use only one option, unless specified otherwise or add the appropriate value in the table.

#### WATER

1. My shower (or bath) on a typical day is:

No shower / no bath	2-5 minutes long / one-fourth full tub	5-10 minutes long / half full tub	10 or more minutes long / full tub

2. I use a closet: (select one of the first options, and if applicable, the last option).

Normal	I use an economical toilet	I use an ecological toilet

3. When I brush my teeth, I let the water run.

Yes	No

4. I wash the car

Frequent (weekly)	Rare (once a month)	Never

5. I water the lawn

Frequent (weekly)	Rare (once a month)	Never

6. I use low-flow showerheads.

Yes	No	I don't know if they're economical	I use fully ecological shower

7. I use a dishwasher on a typical day.

Yes	No

#### FOOD

1. On a typical week, I eat: (write down the number of dishes or with "I don't know") (the points are divided by 7, then added in the table at the end)

Item	Number of portions	Item	Number of portions	Item	Number of portions
Beef		Wild fish		Fruit	
Chicken		Eggs		Vegetables	
Farmed fish		Milk/dairy		Grains: bread, cereal, rice etc.	

2. \_\_\_\_\_ of my food is grown locally.

All	Some	None	I don't know

3. \_\_\_\_\_ of my food is organic.

All	Some	None	I don't know

4. I compost my fruit/vegetable scraps and peels.

Yes	No	I don't know

5. \_\_\_\_\_ of my food is processed.

All	Some	None	I don't know

6. \_\_\_\_\_ of my food has packaging.

All	Some	None	I don't know

**7. On a typical day, I waste:**

None of my food	One-fourth of my food	One-third of my food	Half of my food

**TRANSPORTATION**

**1. On a typical day, I travel by:**

Foot	Bike	Public transit	Private vehicle

**2. Our vehicle's fuel efficiency is \_\_\_\_\_ liters/100 kilometers.**

Non applicable	less than 6 liters	6-9 liters	10-13 liters	More than 13 liters	I don't know
0					

**3. The time I spend in vehicles on a typical day is:**

No time	Less than half an hour	Half an hour to 1 hour	More than 1 hour

**4. How big is the car in which I travel on a typical day?**

No car	Small	Medium	SUV

**5. Number of family member/car?**

0	1	2	3 or more

**6. On a typical day, I walk/run for:**

5 hours or more	3 to 5 hours	1 to 3 hours	Half an hour to 1 hour	Less than 30 minutes

**SHELTER**

**1. Number of rooms per person (divide number of rooms by number of people living at home):**

Fewer than 2 rooms per person	2 to 3 rooms per person	4 to 6 rooms per person	7 or more rooms per person

**2. We share our home with nonfamily members.**

Yes	No

**3. We own a second, or vacation home that is often empty.**

No	We own/use it with others	Yes

**ENERGY USE**

**1. In cold months, our house temperature is:**

Under 15°C	15 to 18°C	19 to 22°C	22°C or more

**2. We dry clothes outdoors or on an indoor rack.**

Always	Sometimes	Never

**3. We use an energy-efficient refrigerator.**

Yes	No	I don't know

**4. We use economical light bulbs.**

Yes	No	I don't know

**5. I turn off lights, computer, and television when they're not in use.**

Yes	No

**6. To cool off, I use:**

Air conditioning - car	Air conditioning - home	Electric fan	Nothing

## CLOTHING

1. I change my outfit every day and put it in the laundry.

Yes	No

2. I am wearing clothes that have been mended or fixed.

Yes	No

3. One-fourth of my clothes are handmade or secondhand.

Yes	No

4. Most of my clothes are purchased new each year.

Yes	No

5. I give the local thrift store clothes that I no longer wear.

Yes	No

6. I buy clothing made of materials labeled "sustainable" when I can.

Yes	No	I don't know

7. I never wear \_\_\_ % of the clothes in my cupboard.

Less than 25%	50%	75%	More than 75%

8. I have \_\_\_ pairs of shoes.

2 to 3	4 to 6	7 or more

9. Out of the pair of shoes I own

0 were bought in the last 3 months	1-2 were bought in the last 3 months	3 or more were bought in the last 3 months

## STUFF

1. All my garbage from today could fit into a:

Shoobox	Large pail	Garbage can	No garbage created today!

2. I reuse items rather than throw them out.

Yes	No

3. I repair items rather than throw them out.

Yes	No

4. I recycle all my: (select multiple choices if true)

paper	can	glass	plastic	I don't recycle

5. I avoid disposable items as often as possible.

Yes	No

6. I use rechargeable batteries whenever I can.

Yes	No

7. On a typical month how much do you spend on beauty and grooming products?

0-50 lei (0-10 Euro)	50-250 lei (10-50 Euro)	+250 lei (>50 Euro)	I don't know

8. Add one point for each 5 RON (1 euro) you spend on a typical day. \_\_\_\_\_

9. Today is a Buy Nothing Day.

Yes	No

## FUN

1. In my home we have \_\_\_\_ number of electronics (computer, TV, phones, tablet, DVD, Xbox, Game boy etc.):

0-5	5-10	10-15	>15

2. On a typical day, I use the TV, computer.

Not at all	Less than 1 hour	More than 1 hour

3. How much time do I spend on the internet: Google, social media platforms, streaming services?

0-1 hours	1-2 hours	2-3 hours	3-4 hours	4-5 hours	>5 hours

The following table is for instructors only. Please leave it blank, thank you.

CATEGORY	SCORE
WATER	
FOOD	
TRANSPORTATION	
SHELTER	
ENERGY USE	
CLOTHING	
STUFF	
FUN	
<b>TOTAL</b>	

Divide the total to 450: \_\_\_\_\_ number of Earths

Name: \_\_\_\_\_  
years

Age: \_\_\_\_\_

**Personal Eco-Footprint**  
**(the version includes the calculation values)**

Procedure: Check the appropriate boxes for the value/option that corresponds to a typical day. Use only one option, unless specified otherwise or add the appropriate value in the table.

**WATER**

**1. My shower (or bath) on a typical day is:**

No shower / no bath	2-5 minutes long / one-fourth full tub	5-10 minutes long / half full tub	10 or more minutes long / full tub
<b>0</b>	<b>+50</b>	<b>+70</b>	<b>+90</b>

**2. I use a closet:** (select one of the first options, and if applicable, the last option).

Normal	I use an economical toilet	I use an ecological toilet
<b>+40</b>	<b>-20</b>	<b>-40</b>

**3. When I brush my teeth, I let the water run.**

Yes	No
<b>+40</b>	<b>0</b>

**4. I wash the car**

Frequent (weekly)	Rare (once a month)	Never
<b>+40</b>	<b>+20</b>	<b>0</b>

**5. I water the lawn**

Frequent (weekly)	Rare (once a month)	Never
<b>+40</b>	<b>+20</b>	<b>0</b>

**6. I use low-flow showerheads.**

Yes	No	I don't know if they're economical	I use fully ecological shower
<b>-20</b>	<b>0</b>		<b>-40</b>

**7. I use a dishwasher on a typical day.**

Yes	No
<b>+50</b>	<b>0</b>

**FOOD**

**1. On a typical week, I eat:** (write down the number of dishes or with "I don't know") **(the points are divided by 7, then added in the table at the end)**

Item	Number of portions	Item	Number of portions	Item	Number of portions
Beef	<b>+150/portion</b>	Wild fish	<b>+40/portion</b>	Fruit	<b>+20/portion</b>
Chicken	<b>+100/portion</b>	Eggs	<b>+40/portion</b>	Vegetables	<b>+20/portion</b>
Farmed fish	<b>+80/portion</b>	Milk/dairy	<b>+40/portion</b>	Grains: bread, cereal, rice etc.	<b>+20/portion</b>

**2. \_\_\_\_\_ of my food is grown locally.**

All	Some	None	I don't know
<b>0</b>	<b>+30</b>	<b>+60</b>	

**3. \_\_\_\_\_ of my food is organic.**

All	Some	None	I don't know
<b>0</b>	<b>+30</b>	<b>+60</b>	

**4. I compost my fruit/vegetable scraps and peels.**

Yes	No	I don't know
<b>-20</b>	<b>+60</b>	

**5. \_\_\_\_\_ of my food is processed.**

All	Some	None	I don't know
<b>+100</b>	<b>+30</b>	<b>0</b>	

**6. \_\_\_\_\_ of my food has packaging.**

All	Some	None	I don't know
<b>+100</b>	<b>+30</b>	<b>0</b>	

**7. On a typical day, I waste:**

None of my food	One-fourth of my food	One-third of my food	Half of my food
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0	+100	+150	+200
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## TRANSPORTATION

1. On a typical day, I travel by:

Foot	Bike	Public transit	Private vehicle
0	+5	+30	+200

2. Our vehicle's fuel efficiency is \_\_\_\_\_ liters/100 kilometers.

Non applicable	less than 6 liters	6-9 liters	10-13 liters	More than 13 liters	I don't know
0	-50	+50	+100	+200	

3. The time I spend in vehicles on a typical day is:

No time	Less than half an hour	Half an hour to 1 hour	More than 1 hour
0	+40	+60	+100

4. How big is the car in which I travel on a typical day?

No car	Small	Medium	SUV
-20	+50	+100	+200

5. Number of family member/car?

0	1	2	3 or more
-20	+200	+100	+50

6. On a typical day, I walk/run for:

5 hours or more	3 to 5 hours	1 to 3 hours	Half an hour to 1 hour	Less than 30 minutes
-75	-25	0	+10	+100

## SHELTER

1. Number of rooms per person (divide number of rooms by number of people living at home):

Fewer than 2 rooms per person	2 to 3 rooms per person	4 to 6 rooms per person	7 or more rooms per person
+10	+80	+140	+200

2. We share our home with nonfamily members.

Yes	No
-50	0

3. We own a second, or vacation home that is often empty.

No	We own/use it with others	Yes
0	+200	+400

## ENERGY USE

1. In cold months, our house temperature is:

Under 15°C	15 to 18°C	19 to 22°C	22°C or more
-20	+50	+100	+150

2. We dry clothes outdoors or on an indoor rack.

Always	Sometimes	Never
-50	+20	+60

3. We use an energy-efficient refrigerator.

Yes	No	I don't know
-50	+50	0

4. We use economical light bulbs.

Yes	No	I don't know
-50	+50	0

5. I turn off lights, computer, and television when they're not in use.

Yes	No
0	+50

6. To cool off, I use:

Air conditioning - car	Air conditioning - home	Electric fan	Nothing
+30	+30	-10	-50

## CLOTHING

1. I change my outfit every day and put it in the laundry.

Yes	No
+80	0

2. I am wearing clothes that have been mended or fixed.

Yes	No
-20	0

3. One-fourth of my clothes are handmade or secondhand.

Yes	No
-20	0

4. Most of my clothes are purchased new each year.

Yes	No
+120	0

5. I give the local thrift store clothes that I no longer wear.

Yes	No
0	+100

6. I buy clothing made of materials labeled "sustainable" when I can.

Yes	No	I don't know
-10	0	

7. I never wear \_\_\_ % of the clothes in my cupboard.

Less than 25%	50%	75%	More than 75%
+25	+50	+75	+100

8. I have \_\_\_ pairs of shoes.

2 to 3	4 to 6	7 or more
+20	+60	+90

9. Out of the pair of shoes I own

0 were bought in the last 3 months	1-2 were bought in the last 3 months	3 or more were bought in the last 3 months
-10	+20	+40

## STUFF

1. All my garbage from today could fit into a:

Shoebox	Large pail	Garbage can	No garbage created today!
+20	+60	+200	-50

2. I reuse items rather than throw them out.

Yes	No
-20	0

3. I repair items rather than throw them out.

Yes	No
-20	0

4. I recycle all my: (select multiple choices if true)

paper	can	glass	plastic	I don't recycle
-5	-5	-5	-5	0

5. I avoid disposable items as often as possible.

Yes	No
-10	+60

6. I use rechargeable batteries whenever I can.

Yes	No
-30	0

7. On a typical month how much do you spend on beauty and grooming products?

0-50 lei (0-10 Euro)	50-250 lei (10-50 Euro)	+250 lei (>50 Euro)	I don't know
+10	+50	+100	

8. Add one point for each 5 RON (1 euro) you spend on a typical day. \_\_\_\_\_

9. Today is a Buy Nothing Day.

Yes	No
-10	+10

### FUN

1. In my home we have \_\_\_\_\_ number of electronics (computer, TV, phones, tablet, DVD, Xbox, Game boy etc.):

0-5	5-10	10-15	>15
+25	+75	+100	+200

2. On a typical day, I use the TV, computer.

Not at all	Less than 1 hour	More than 1 hour
0	+50	+80

3. How much time do I spend on the internet: Google, social media platforms, streaming services?

0-1 hours	1-2 hours	2-3 hours	3-4 hours	4-5 hours	>5 hours
+5	+10	+20	+30	+40	+40

The following table is for instructors only. Please leave it blank, thank you.

CATEGORY	SCORE
WATER	
FOOD	
TRANSPORTATION	
SHELTER	
ENERGY USE	
CLOTHING	
STUFF	
FUN	
TOTAL	

Divide the total to 450: \_\_\_\_\_ number of Earths