

What is Your Ecological Footprint?

A lifestyle assessment tool from the New Community Project

Ecological Footprint is the amount of the earth's productive capacity that a person draws on to meet their consumption patterns. If the world's productive area were divided evenly among the world's six-plus billion people, there would be about 4.5 acres per person. Currently, the Footprint of the average person in the world is around 5.1 acres, meaning that we're already over-budget as a human family. But it gets worse: over 50 of the poorest countries in the world have a per capita Footprint significantly below 5 acres, while North Americans (not including Mexico), draw on an average 23.7 acres per person. Another way of looking at this is that if all the world's people lived like we do, we'd need four more planets to provide for us.

Let's get started on calculating your Ecological Footprint!

Ecological Footprint Calculation

- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-------------|----|-------------|----|--------|----|---|----|---|--------|---|----------------|---|------------|----|------------|----|-------------|----|-----------|----|---------------|----|-----------------|----|------------------|-----|---------|-----|
| <p>1. How many people are in your household? Points _____</p> <table border="0"> <tr><td>1</td><td>30</td></tr> <tr><td>2</td><td>25</td></tr> <tr><td>3</td><td>20</td></tr> <tr><td>4</td><td>15</td></tr> <tr><td>5</td><td>10</td></tr> <tr><td>6+</td><td>5</td></tr> </table> | 1 | 30 | 2 | 25 | 3 | 20 | 4 | 15 | 5 | 10 | 6+ | 5 | <p>8. If you or your family owns vehicles, what type are they (add points for each vehicle)? Points _____</p> <table border="0"> <tr><td>Hybrid</td><td>10</td></tr> <tr><td>Motorcycle</td><td>20</td></tr> <tr><td>Compact</td><td>35</td></tr> <tr><td>Mid-sized</td><td>60</td></tr> <tr><td>Small Pick-up</td><td>70</td></tr> <tr><td>Mini-van or Van</td><td>75</td></tr> <tr><td>SUV/ Lg. Pick-up</td><td>100</td></tr> <tr><td>Pick-up</td><td>130</td></tr> </table> | Hybrid | 10 | Motorcycle | 20 | Compact | 35 | Mid-sized | 60 | Small Pick-up | 70 | Mini-van or Van | 75 | SUV/ Lg. Pick-up | 100 | Pick-up | 130 |
| 1 | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6+ | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hybrid | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Motorcycle | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Compact | 35 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mid-sized | 60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Small Pick-up | 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mini-van or Van | 75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SUV/ Lg. Pick-up | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pick-up | 130 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>2. How is your home heated? Points _____</p> <table border="0"> <tr><td>Natural Gas</td><td>30</td></tr> <tr><td>Electricity</td><td>40</td></tr> <tr><td>Oil</td><td>50</td></tr> <tr><td>Renewable</td><td>0</td></tr> </table> | Natural Gas | 30 | Electricity | 40 | Oil | 50 | Renewable | 0 | <p>9. How do you get to school/work? Points _____</p> <table border="0"> <tr><td>Car</td><td>50</td></tr> <tr><td>Public transit</td><td>25</td></tr> <tr><td>School bus</td><td>20</td></tr> <tr><td>Walk</td><td>0</td></tr> <tr><td>Bike/skates</td><td>0</td></tr> </table> | Car | 50 | Public transit | 25 | School bus | 20 | Walk | 0 | Bike/skates | 0 | | | | | | | | | | |
| Natural Gas | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Electricity | 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Oil | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Renewable | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Car | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Public transit | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| School bus | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Walk | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bike/skates | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>3. What is the setting of your hot water heater? Points _____</p> <table border="0"> <tr><td>Vacation</td><td>5</td></tr> <tr><td>Warm</td><td>10</td></tr> <tr><td>Hot</td><td>20</td></tr> <tr><td>Don't know</td><td>25</td></tr> </table> | Vacation | 5 | Warm | 10 | Hot | 20 | Don't know | 25 | <p>10. How many daily car trips does your household take? Points _____</p> <table border="0"> <tr><td>None</td><td>0</td></tr> <tr><td>1-2</td><td>10</td></tr> <tr><td>3-4</td><td>20</td></tr> <tr><td>5+</td><td>30</td></tr> </table> | None | 0 | 1-2 | 10 | 3-4 | 20 | 5+ | 30 | | | | | | | | | | | | |
| Vacation | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Warm | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Don't know | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| None | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1-2 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3-4 | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5+ | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>4. At how many meals per week do you eat meat or shrimp? Points _____</p> <table border="0"> <tr><td>0</td><td>0</td></tr> <tr><td>1-3</td><td>10</td></tr> <tr><td>4-6</td><td>30</td></tr> <tr><td>7-10</td><td>45</td></tr> <tr><td>11+</td><td>60</td></tr> </table> | 0 | 0 | 1-3 | 10 | 4-6 | 30 | 7-10 | 45 | 11+ | 60 | <p>11. How many energy-efficient features are in your home (low-flow shower head, low-flush toilet, compact florescent light bulbs, Energy Star appliances (points for each one), insulation around water heater, etc.)? Points _____</p> <table border="0"> <tr><td>0</td><td>40</td></tr> <tr><td>1-3</td><td>25</td></tr> <tr><td>4-6</td><td>15</td></tr> <tr><td>7+</td><td>10</td></tr> </table> | 0 | 40 | 1-3 | 25 | 4-6 | 15 | 7+ | 10 | | | | | | | | | | |
| 0 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1-3 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4-6 | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7-10 | 45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11+ | 60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0 | 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1-3 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4-6 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7+ | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>5. How many home-made meals do you eat per week (include packed lunches, etc.) Points _____</p> <table border="0"> <tr><td>Under 10</td><td>25</td></tr> <tr><td>10-14</td><td>20</td></tr> <tr><td>15-18</td><td>15</td></tr> <tr><td>18+</td><td>10</td></tr> </table> | Under 10 | 25 | 10-14 | 20 | 15-18 | 15 | 18+ | 10 | <p>12. Does your household try to reduce the amount of waste and toxins in the house (buying bulk food, reusing containers, natural cleaners, etc.)? Points _____</p> <table border="0"> <tr><td>Always</td><td>0</td></tr> <tr><td>Sometimes</td><td>10</td></tr> <tr><td>Rarely</td><td>20</td></tr> <tr><td>Never</td><td>30</td></tr> </table> | Always | 0 | Sometimes | 10 | Rarely | 20 | Never | 30 | | | | | | | | | | | | |
| Under 10 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10-14 | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15-18 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18+ | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Always | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sometimes | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rarely | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Never | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>6. Do you purchase locally-grown food items? Points _____</p> <table border="0"> <tr><td>Yes</td><td>20</td></tr> <tr><td>Sometimes</td><td>30</td></tr> <tr><td>Rarely</td><td>40</td></tr> <tr><td>Grow vegetables (subtract 5 from total)</td><td></td></tr> </table> | Yes | 20 | Sometimes | 30 | Rarely | 40 | Grow vegetables (subtract 5 from total) | | | | | | | | | | | | | | | | | | | | | | |
| Yes | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sometimes | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rarely | 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grow vegetables (subtract 5 from total) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>7. Do you buy organic foods? Points _____</p> <table border="0"> <tr><td>Mostly</td><td>0</td></tr> <tr><td>Rarely</td><td>20</td></tr> </table> | Mostly | 0 | Rarely | 20 | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mostly | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rarely | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

(over)

13. Does your household compost? **Points** _____
 Always 0
 Sometimes 5
 Never 15
14. Does your household recycle newspapers, aluminum, glass and plastics? **Points** _____
 Always 5
 Sometimes 10
 Rarely 15
 Never 20
15. How many garbage bags of waste do you set out for pick-up weekly? **Points** _____
 0 0
 1/2 5
 1 10
 2 20
16. How many bottled beverages do you drink per week? **Points** _____
 0 0
 1-3 5
 4+ 10
17. Regarding lawn care, you use: **Points** _____
 Nonmotorized mower 0
 Electric mower 10
 Gas-powered push mower 15
 Riding mower 20
 and (add to total)
 Pesticides/fertilizer 10
 Frequent Irrigation 10

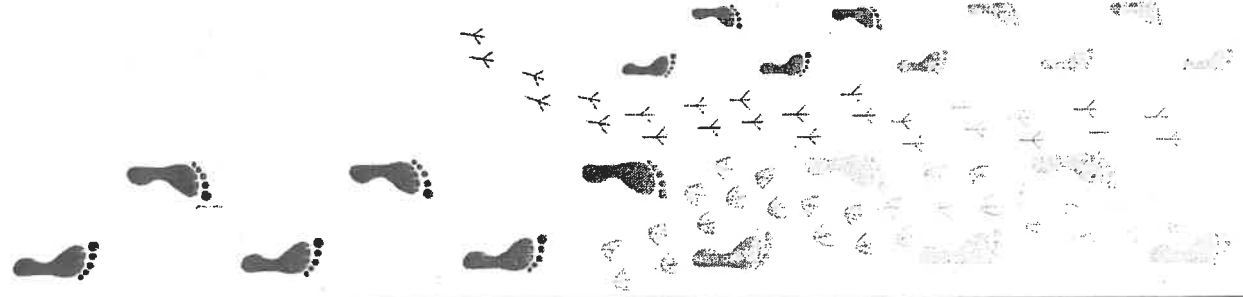
- BONUS SECTION** **Points** _____
18. You have been instrumental in helping an institution such as a church, school or workplace live more responsibly (setting up a recycling program, purchasing paper with high recycled content, ending use of lawn chemicals, having an energy audit, etc.).
 Yes -50
19. You have been instrumental in helping a community or larger network live more responsibly (instigating a community-wide recycling program; bringing a multi-site company on-line for recycling or for purchasing compact fluorescent light bulbs, etc.).
 Yes -100
20. You actively take responsibility for other people's wastefulness (pulling recyclables out of the neighbor's trash; picking up aluminum cans along the roadway; etc.)
 Yes -25
21. Do others sometimes notice and/or comment on your environmentally conscious lifestyle?
 Yes -25
- GRAND TOTALS** **Points** _____

| Your Score | Footprint in acres |
|---------------|--------------------|
| Less than 150 | Less than 10 |
| 150-350 | 10-15 |
| 350-550 | 15-20 |
| 550-750 | 20-25 |
| More than 750 | 25+ |

Sustainable Footprint: 4.5 acres *ou* 1.82h

Footprints II

As I looked back on my life, I could see the footprints I had left as I walked through this world—like footprints in the sand. At first, the prints were deep and distinctive—as if I had been stomping along or carrying something quite heavy. Then, later on, I noticed that they gradually became lighter—and were soon joined by other footprints, both human and animal, walking alongside. “Lord,” I asked, “Why were my feet making such deep imprints for a while, but then became lighter, and seemed to be joined by others?” “My child,” the Lord replied, “in the beginning you had the idea that life consists in the abundance of possessions, and you gathered as much of my earth as you could carry. But then,” the Lord said with a smile, “you finally realized that life is much more than these things—not only lightening your footprint, but lightening your impact on the good earth.” “And the steps beside mine?” “At first there was no room in your world for these others, but after the change...they turned out to be the treasure you had been seeking all along.”



New Community Project
 Peace through justice/Care for Creation/Experiential learning
 www.newcommunityproject.org; 888-800-2985
 718 Wilder Street, Elgin, IL 60123