



Your Ecological Footprint

Key: R/N=rarely or never; S=sometimes; U=usually or always

*If a question is not applicable to you, leave it blank.

*Please note that answers switch order throughout the questionnaire.

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|-----|-----------------------------------------------------------------------------------------------------------------------|-----|---|-----|
| 1 | I use paper towels and/or napkins | R/N | S | U |
| 2 | I eat at fast-food restaurants | R/N | S | U |
| 3 | I eat red meat (high on the food chain) more than twice a week | R/N | S | U |
| 4 | I use Styrofoam products | R/N | S | U |
| 5 | I bring my own reusable drinking cup (eco-mug) whenever possible | U | S | R/N |
| 6 | I purchase food and other items in bulk quantities and containers | U | S | R/N |
| 7 | I grow or buy organically produced foodstuffs | U | S | R/N |
| 8 | I avoid snacks and other foodstuffs with lots of packaging | U | S | R/N |
| 9 | I take my own paper sacks (or other containers) to the grocery store | U | S | R/N |
| 10 | I avoid purchasing things in containers that can't be recycled | U | S | R/N |
| 11. | I read the labels before buying foodstuffs | U | S | R/N |
| 12. | I make use of leftovers | U | S | R/N |
| 13 | I turn off electric lights and appliances when no one is in a room | U | S | R/N |
| 14 | I decide what I want from a refrigerator before opening it | U | S | R/N |
| 15 | I avoid using non-essential electrical appliances
(hair dryer, shaver, curling iron, can opener, toothbrush, etc.) | U | S | R/N |
| 16 | I avoid washing clothes before they really need it | U | S | R/N |
| 17 | I wash my clothes in cold water | U | S | R/N |
| 18 | I let my washing drip dry | U | S | R/N |
| 19 | I use low wattage and/or energy saving light bulbs wherever I can | U | S | R/N |
| 20 | I avoid purchasing a daily newspaper (I use Internet/TV instead) | U | S | R/N |
| 21 | I limit my showers to five minutes or less | U | S | R/N |
| 22 | I turn off the water when brushing my teeth or shaving | U | S | R/N |
| 23 | I use disposable razors | R/N | S | U |
| 24 | I purchase scented, imprinted paper products (tissues, paper towels etc.) | R/N | S | U |
| 25 | I use facial tissues | R/N | S | U |
| 26 | I bathe/shower more than once a day | R/N | S | U |
| 27 | I drive a vehicle that achieves 25 miles or more per gallon | U | S | R/N |
| 28 | I regularly walk or ride a bicycle somewhere rather than driving | U | S | R/N |
| 29 | I car pool or use mass transit | U | S | R/N |
| 30 | I keep my vehicle properly tuned and serviced for the best energy efficiency | U | S | R/N |
| 31 | I keep my tires properly inflated | U | S | R/N |

32	I recycle aluminum	U	S	R/N
33	I recycle paper	U	S	R/N
34	I recycle glass bottles	U	S	R/N
35	I recycle metal cans	U	S	R/N
36	I reuse envelopes	U	S	R/N
37	I use both sides of a sheet of paper when printing or writing drafts	U	S	R/N
38	I do not throw away items which could be repaired or reused	U	S	R/N
39	I give unnecessary clothing and furnishings to charity	U	S	R/N
40	I reuse plastic and paper bags	U	S	R/N
41	I buy throw-away pens	R/N	S	U
42	I visit or take a walk in a natural area each week	U	S	R/N
43	I notice the changing phases of the moon	U	S	R/N
44	I pay attention to the natural changes in the seasons	U	S	R/N
45	I make an extended visit to a natural setting at least once each year	U	S	R/N
46	I notice the color of the sky	U	S	R/N
47	I treat all living things with respect	U	S	R/N
48	I practice minimum-impact techniques when I go camping	U	S	R/N
49	I am interested in knowing how the food and other items I purchase are produced (i.e. ethical labor standards, treatment of animals)	U	S	R/N
50	I discuss pending environmental legislation with people around me	U	S	R/N
51	I ask fellow students to engage in more environmentally-sound practices	U	S	R/N
52	I help restore natural areas	U	S	R/N
53	I keep abreast of current environmental issues	U	S	R/N
54	I actively support an environmental action group	U	S	R/N
55	I inform my elected officials about my environmental concerns	U	S	R/N
56	I contribute 1% or more of my annual income to environmental causes	U	S	R/N
57	Number of automobiles I own	0	1	2+
58	Number of miles I travel to school and/or work	0-4	5-14	15+

SCORING: Answers in the left column are worth 0 points, those in the middle column are worth 2 points, and those in the right column are worth 5 points. Answers left blank are worth zero points.

Your score _____

This is an abbreviated and condensed version (with no penalties for reproduction) of the "Living More Lightly Profile" developed by The Institute for Earth Education and first published in Earth Education...A New Beginning by Steve Van Matre. You can access the full profile on the Institute's website: [http:// www.eartheducation.org](http://www.eartheducation.org)