

## Estimate YOUR Ecological Footprint by answering these questions:

### Food Footprint

- 1 How often do you eat animal-based products? (beef, pork, chicken, fish, eggs, eggs, dairy)?  
 a) Never b) Now and Then c) A few times a week d) Most days e) 1-2times a day f) Almost every meal
- 2 How much of the food that you eat is process, packaged or imported?  
 a) Very little b) One quarter c) Half d) Three quarters e) Most

### Goods Footprint

- 3 Compared to people in your neighbourhood, how much wast do you generate?  
 a) Much less b) About the same c) More

### Shelter Footprint

- 4 How many people live in your household?  
 a) 1 person b) 2 c) 3 d) 4 e) 5 f) 6 g) 7 or more
- 5 What is the size of your home?  
 a) 50sqm (caravan) b) 50-100sqm (unit) c) 100-150sqm d) 150-200sqm e) 200-250sqm f) more
- 6 Is your home a green design residence (designed for energy and materials efficiency)?  
 a) Yes b) No
- 7 Do you have mains electricity in your home?  
 a) No, I generate my own electricity or use natural power b) Yes c) Yes with energy conservation

### Mobility Footprint

- 8 On average, how far do you travel on public transport each week?  
 a) 0-10km b) 10-25km c) 25-100km d) 100km or more
- 9 On average, how far do you travel by car each week?  
 a) 0-15km b) 15-50km c) 50-150km d) 150-300km e) 300-500km f) 500km or more
- 10 Approximately how many hours do you spend flying each year?  
 a) Never fly b) 3 hours c) 10 hours d) 25 hours e) 100 hours
- 11 How many litres per 100km does your car consume?  
 a) Less than 4.5l/100km b) 4.5-6.5l/100km c) 6.5-9l/100km d) 9-15l/100km e) More
- 12 How often d you drive in a car with someone else rather than alone?  
 a) Almost never b) 25% c) 50% d) 75% e) Almost Always

Question	Your Answer	a)	b)	c)	d)	e)	f)	g)	Your Score
1		0	0.6	1.3	2.1	2.8	3.5		
2		0	0.1	0.3	0.5	0.7			
3		1	1.6	2.1					
4		2.5	1.3	0.8	0.5	0.4	0.3	0.2	
5		0.1	0.2	0.3	0.4	0.7	1.1		
6		-0.6	0						
7		0	0.5	0.4					
8		0	0.1	0.2	0.3				
9		0.1	0.2	0.5	1	1.7	2.4		
10		0	0.1	0.4	1.2	5			
11		-0.2	-0.1	0	0.1	0.3			
12		0.2	0	0	-0.1	-0.1			
Your Ecological Footprint TOTAL:									
Average Aussie Footprint:									7.6
Area Productive Ecosystem Available on Earth:									1.8

