

There is also the possibility to use this website to calculate the footprint: <https://www.footprintcalculator.org/>

WATER USE			
Question	Answers/points	My Score	Points I Could save
My shower (or bath) on a typical day is:	No shower / no bath (0) Short shower 3-4 time a week (25) Short shower once a day (50) Long shower once a day (70) More than one shower per day (90)		
I flush the toilet:	Every time I use it (40) Sometimes (20)		
When I brush my teeth:	I let the water run (40) I don't let the water run (0)		
We use water-saving toilets:	Yes (-20) No (0)		
We use low-flow shower heads	Yes (-20) No (0)		
	Water Use Subtotal:		
FOOD USE			
On a typical day, I eat:	Meat more than once per day (600) Meat once per day (400) Meat a couple times a week (300) Vegetarian (200) Vegan (150)		
All my food is grown locally or is organic:	Yes (20) No (0)		
I compost my fruit/vegetable scraps and peels:	Yes (-10) No (0)		
Most of my food is processed:	Yes (20) No (-20)		
Little of my food has packaging:	Yes (-20) No (0)		
On a typical day, I waste:	None of my food (0) One-fourth of my food (25) One-third of my food (50) Half of my food (100)		
	Food subtotal:		
TRANSPORTATION USE			
On a typical day, I travel by:	Foot or bike (0) Public transit / school bus (30) Private vehicle; carpool (100) Private vehicle; 1 person (200)		
Our vehicle's fuel	More than 30 miles/gallon (-50)		

efficiency is:	24 - 30 miles/gallon (-50) 17 - 23 miles/gallon (100) Less than 17 miles/gallon (200)		
The time I spend in vehicles on a typical day is:	No time (0) Less than half an hour (40) Half an hour to 1 hour (100) More than 1 hour (200)		
How big is the car in which I travel on a typical day?	No car (-20) Small (50) medium (100) Large (SUV) (200)		
Number of cars in our driveway?	No car (-20) Less than 1 per driver (0) One car per driver (50) More than one care per driver (100) More than 2 cars per driver (200)		
Number of flights I take per year?	0 (0) 1-2 (50) More than 2 (100)		
	Transportation subtotal:		
SHELTER USE			
My house is:	Single house on large lot (50) Single house on a small lot (city) (0) Townhouse/attached house (0) Apartment (-50)		
Divide number of rooms in the home (no baths) by the number of people living at home:	1 room per person or less (-50) 1-2 rooms per person (0) 2-3 rooms per person (100) More than 3 rooms per person (200)		
We own a second or vacation home that is often empty:	Yes (200) No (0)		
	Shelter Subtotal:		
ENERGY USE			
In the cold months, our house temperature is:	Under 15 degrees C (59 degrees F) (-20) 15 to 18 degrees C (59 to 64 degrees F) (50) 19 to 22 degrees C (66 to 71 degrees F)(100) 22 degrees C (71 degrees F) or more (150)		
We dry clothes outdoor or on an indoor rack:	Always (-50) Sometimes (20) Never (60)		
We use an energy-efficient refrigerator/freezer:	Yes (100) No (0)		
We have a second refrigerator/freezer:	Yes (100) No (0)		
We use 5 Or more compact fluorescent light bulbs:	Yes (-50) No (100)		
I turn off lights, computer, and television when they are not in use:	Yes (0) No (50)		
To cool off, I use:	Air conditioning: car (50) Air conditioning: home (100)		

	Electric fan (-10) Nothing (-50)		
My clothes washer is a:	Top load (100) Front load (50) Laundromat (25)		
	Energy Use Subtotal:		
CLOTHING USE			
I change my outfit every day and put it in the laundry:	Yes (80) No (0)		
I am wearing clothes that have been mended or fixed:	Yes (-20) No (0)		
One-fourth (or more) of my clothes are handmade or secondhand:	Yes (-20) No (0)		
Most of my clothes are purchased new each year:	Yes (200) No (0)		
I give the local thrift store clothes that I no longer wear:	Yes (-50) No (100)		
I never wear % of the clothes in my closet:	Less than 25% (25) Less than 50% (50) Less than 75%(75) More than 75% (100)		
I buy new pairs of shoes every year:	0 to 1 (0) 2 to 3 (20) 4 to 6 (60) 7 or more (90)		
	Clothing Subtotal:		
STUFF USE			
All my garbage from today could fit into a:	Shoobox (20) Small garbage can (60) Kitchen garbage can (200) No garbage created today! (-50)		
I recycle all my paper. Cans. Glass and plastic:	Yes (-100) No (0)		
I reuse items rather than throw them out:	Yes (-20) No (0)		
I repair items rather than throw them out:	Yes (-20) No (0)		
I avoid disposable items as often as possible:	Yes (-50) No (60)		
I use rechargeable batteries whenever I can:	Yes (-30) No (0)		
In my home we have - number of Electronics? (computer, TV, Stereo, VCR, DVD, X box, Game boy, etc)	0-5 (25) 5-10 (75) 10-15 (100) more than 15 (200)		
How much equipment is needed for typical	None (0) Very little (20)		

activities? A lot =boat, snowmobile, dirt bikes, very little soccer, bicycling)	Some (60) A lot (80)		
	Stuff Subtotal:		

Summary

Transfer your subtotals from each section and add them together to obtain the grand total.

Water use	
Food use	
Transportation use	
Shelter use	
Energy use	
Clothing use	
Stuff use	
Total	

Grand Total divide by 350 = - Earths

If everyone lived like I do, we would need the above number of Earths to sustain the people of the world.