

# How BIG is YOUR ecological footprint?

~ A simple score sheet to help illustrate the size of your personal footprint ~



How do you score on the 7 questions below?

**All 1s...** Congratulations! Very little land & resources are needed to support your healthy lifestyle & your contribution to climate change is low.

**Mostly 1s...** Your footprint is probably smaller than the average in the South West

**Mostly 2s...** Your footprint is about two planets

**Mostly 3s...** Your footprint is **three** planets (or more)!



**A. Water use** Do you:

1. Have a quick shower (not power shower) a few times each week & the occasional bath?
2. Long shower daily or every other day?
3. Power shower or bath at least once a day?



**B. Food choices** Do you:

1. Buy only locally-produced organic food?
2. Tend to eat less meat & more vegetarian food?
3. Eat un-seasonal food & eat meat with every meal?



**C. Electricity** Do you:

1. Always choose energy efficient appliances & use only renewable power sources?
2. Use some energy efficient appliances & usually switch off the lights when you leave a room?
3. Always leave computers & TVs on standby?



**D. Heating** Do you:

1. Keep the thermostat low, time control your heating & wear warm clothing at home in winter?
2. Keep the thermostat medium & time control your heating?
3. Keep the thermostat high, heating running constantly & wear a T-shirt at home in winter?



**E. Travel** Do you:

1. Usually walk or cycle places?
2. Usually take the bus or train?
3. Usually take the car?



**F. Air Travel** Do you:

1. Never fly - usually holiday locally or in the UK?
2. Fly for up to 10 hours per year?
3. Fly for more than 10 hours a year?



**G. Waste** Do you:

1. Reduce & reuse waste then recycle absolutely everything you can?
2. Separate paper & glass for recycling?
3. Never use recycling facilities?

This score sheet, along with sources of advice on greener living, can be found on the LOCAL page of [www.oursouthwest.com](http://www.oursouthwest.com)



The South West's ecological footprint analysis can be found at: [www.steppingforward.org.uk](http://www.steppingforward.org.uk)

If everyone lived like the average UK citizen, we would need 3 planet earths just to support us!

Reduce your eco-footprint by making sensible & informed lifestyle choices...less is more!