

## ECOLOGICAL FOOTPRINT WORKSHEET

**Let's start with some terms:**

**Define below:**

Ecological Footprint

Carbon Footprint

Square Footage

Recycle

PCR recycled plastic product

Carbon offset

**Before you can use an ecological footprint calculator, you need to gather some information about the way you live:**

**Housing:**

Check the type of housing you live in:

- 🍀 Apartment/Condominium
- 🍀 Duplex
- 🍀 Single Family Home
- 🍀 High-rise Apartment or Condominium
- 🍀 Luxury Apartment or Condominium
- 🍀 Luxury Home

What is the approximate square footage of your house/apartment?

Calculate this number by measuring how wide your house is, and then how long. Then multiply these numbers to get total square footage, and write it here:

**How do you heat your home? Check one:**

- 🍀 Electric
- 🍀 Gas Furnace
- 🍀 Oil Heat
- 🍀 Propane
- 🍀 Wood Stove (will usually have back up of one of above)
- 🍀 No Heat

**Do you use air conditioning or fans in the summer?**

- 🍀 Air Conditioning
- 🍀 Fans
- 🍀 Neither
- 🍀 Both

**Food**

Fill out the chart below: **Yesterday or today's meals**

The last time I ate breakfast, I had:

**My "average" meals**

Most mornings I eat these things

At snack time before lunch I ate:

Most days I have these snacks before lunch:

At lunch I ate:

My "typical" lunch:

After school snack yesterday:

My favorite after-school snack: