



# HOW BIG IS YOUR FOOTPRINT ON THE EARTH?

Do you use more than your share of the Earth's resources?

- Please highlight the best answer (what you do the most often) listed on the line to the right of each question.
- Put points for each action in the 3<sup>rd</sup> column and total them all at the bottom. (When +5 or +15 are the options, you may score 10 if you feel your habits are somewhere in the middle of Yes and No.)
- Do not leave any blanks or the score will be invalid.

## WATER CONSUMPTION

ACTIONS YOU TAKE REGULARLY	YES	NO	YOUR POINTS
Do you <b>usually</b> take a short shower instead of a bath?	+5	+15	
Do you turn off the water while brushing your teeth?	+5	+10	
Do you <b>usually</b> drink tap water instead of bottled water?	+5	+15	
Do you save rainwater for gardening or other purposes?	-5	+5	

## HOUSEHOLD WASTE

Do you recycle your newspaper, junk mail and magazines?	+5	+15	
Do you recycle your aluminum, plastic, glass and steel cans?	+5	+15	
Do you compost your kitchen and/or yard waste and use for the garden?	0	+10	
Do you give unwanted household items & clothing to charity or have a garage sale?	+5	+10	

## TRANSPORTATION

Do you <b>often</b> walk to school and/or activities instead of riding in a car?	0	+15	
Do you <b>often</b> ride a bike to school and/or activities instead of riding in a car?	+5	+15	
Do you <b>often</b> ride the bus or in a carpool to school or activities?	+5	+15	
Do you or does someone in your family own a hybrid or other fuel-efficient vehicle?	+5	+15	

## ENERGY

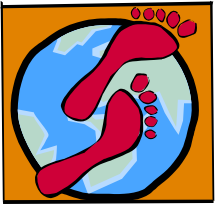
Do you use <b>mostly</b> compact fluorescent light bulbs at home?	+5	+15	
Do you use ceiling fans to help cool your home?	+5	+15	
Do you <b>usually</b> turn off lights, stereos, iPods & TVs when not using them?	+5	+15	
Do you <b>usually</b> turn off your computer & monitor when not using them?	+5	+15	

## FOOD

Do you <b>often</b> take food for lunch in reusable containers instead of throw-aways?	+5	+10	
Do you grow <b>fresh vegetables</b> in a home garden or buy them from an Oklahoma farmer when available?	+5	+15	
Do you <b>frequently</b> eat fresh meat, vegetables and fruit instead of "pre-packaged" meals?	+5	+15	
On a <b>typical</b> day, do you waste any of your food?	+15	+5	

**Add the entire third column and write total in this line. →**  
**Divide by seven (7) to calculate your final score.**

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**Find your score in the chart below to see what your footprint score means.**

<b>ECOLOGICAL FOOTPRINTS SCORECARD</b>	
<b>If your score was . . .</b>	<b>Then the results are . . .</b>
<b>10 – 15</b>	<b>You are an EARTHSAVER. Keep up the good work!!!</b>
<b>16 – 20</b>	<b>You are an EARTHSAVER in waiting - You're doing great. Just try a little harder to conserve more resources!!!</b>
<b>21 – 25</b>	<b>You are average, or like most of the people in the United States. You're trying, but need to change a few more habits.</b>
<b>26 – 34</b>	<b>You are wasting too many resources. You need to change a bunch of conservation habits as fast as possible. Hurry, Please!!</b>
<b>35+</b>	<b>The Earth (and the people who live on it) would be in serious trouble if everyone had your habits! It would take five planets for all of us to live that way.</b>