

Name: \_\_\_\_\_

## Measuring Your Ecological Footprint Questionnaire

Discuss this questionnaire with another member of your household. Then, answer each question below by circling the option that best describes your life.

### Your Food

**1. How often do you eat animal-based products (beef, pork, chicken, fish, eggs, or dairy)?**

Never                      Infrequently                      Occasionally                      Often                      Very Often

**2. How much of the food you eat is highly processed?**

Less than 25%                      About 25%                      About 50%                      About 75%                      More than 75%

### Your Home

**3. Compared to a typical American, how much trash do you generate**

Much Less                      About Average                      Much More

**4. What kind of home do you live in?**

Free standing house                      Apartment building                      Duplex or small apartment complex                      Luxury condominium                      Green-design residence

**5. How many people live in your household?**

1                      2                      3                      4                      5                      6                      7 or more

**6. What is the size of your home in square feet?**

Less than 550                      550-1050                      1050-1600                      1600-2700                      More than 2700

### Your Mobility

**7. How many miles do you travel by car each week (as a driver or passenger)?**

Less than 5                      5-50                      50-150                      150-200                      200-300                      More than 300

**8. How many miles do you travel by motorbike each week (as a driver or passenger)?**

Less than 1                      1-2                      2-10                      10-30                      30-70                      More than 70

**9. What is the gas mileage of the vehicle you travel in most often**

Fewer than 5mpg                      5-15 mpg                      15-30 mpg                      30-40 mpg                      More than 40 mpg

**10. How often do you drive in a car with someone else?**

Almost never                      Occasionally                      Often                      Very often                      Almost always

**11. How many miles do you travel on public transportation each week (bus, train, etc.)**

Less than 1                      1-5                      5-25                      25-50                      More than 50

**12. How many hours do you fly each year?**

Never                      0-4                      4-10                      10-25                      25-100                      More than 100