

## Carbon Footprint Worksheet

**Instructions:** Answer the questions below, then fill in the corresponding values on the far right. Tally the values to find your carbon footprint. Only fill in one value for each question, unless otherwise stated.

Ex. Do you turn off the lights when you leave a room?

a. Yes	a. 133	<u>133</u>
b. No	b. 268	_____

- |   |         |       |
|---|---------|-------|
| 1. How do you get to school?  |         |       |
| a. walk   | a. 0    | _____ |
| b. bike   | b. 0    | _____ |
| c. car  | c. 1115 | _____ |
| d. bus  | d. 131  | _____ |
| e. carpool  | e. 459  | _____ |
| 2. Do you eat mostly...   |         |       |
| a. fast food  | a. 4818 | _____ |
| b. home cooked food   | b. 629  | _____ |
| 3. Do you eat mostly...   |         |       |
| a. vegetables/fruits  | a. 153  | _____ |
| b. meat   | b. 644  | _____ |
| c. bread  | c. 364  | _____ |
| 4. Do you turn off lights when you leave a room?                    |         |       |
| a. yes  | a. 133  | _____ |
| b. no   | b. 268  | _____ |
| 5. Do you unplug appliances/chargers when not in use?               |         |       |
| a. yes  | a. 9    | _____ |
| b. no   | b. 18   | _____ |
| 6. How do you dry clothes?  |         |       |
| a. hang to dry  | a. 0    | _____ |
| b. dryer  | b. 750  | _____ |
| c. both   | c. 375  | _____ |
| 7. Do you turn off the water when brushing your teeth?              |         |       |
| a. yes  | a. 34   | _____ |
| b. No   | b. 274  | _____ |
| 8. Do you turn off the TV when you're not watching it?              |         |       |
| a. yes  | a. 47   | _____ |
| b. no   | b. 140  | _____ |
| 9. Do you turn off your video game system when you're not using it? |         |       |
| a. yes  | a. 29   | _____ |
| b. no   | b. 90   | _____ |
| c. don't have/use one   | c. 0    | _____ |
| 10. Do you recycle? (for this question, select all that apply)      |         |       |
| a. magazines  | a. -15  | _____ |
| b. newspaper  | b. -90  | _____ |
| c. glass  | c. -7   | _____ |
| d. plastic  | d. -19  | _____ |
| e. aluminum and steel cans  | e. -86  | _____ |

**Add together all the values in the far right column and report here:**

*Use the workspace on the next page to do your work.*

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

Work space:

This total is your “carbon footprint” in the number of pounds of carbon dioxide per year. The lower the number, the fewer greenhouse gasses are emitted into the atmosphere.

Review your choices in the survey. **What changes can you make in your life to reduce your carbon footprint?** Try to make some of these changes in the next week. Use the space below to engineer a plan to reduce your carbon footprint.

Things I will turn off:

How I will get to school:

What I will eat:

How much I will use electronics:

What I will recycle:

Other things I will do:

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

**Household questionnaire:**

Household income (Optional):	\$ _____
How much do we pay for:	
Electricity per year:	\$ _____
Natural Gas per year:	\$ _____
Heating Oil/other fuels per year:	\$ _____
Goods per month:	\$ _____
Services per month:	\$ _____

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

**Reflection:**

1. Were you able to follow through with the changes for the whole week? What was the most challenging thing about it?
2. How did it feel to make those changes? Did it change your daily routine a significant amount?
3. What kind of difference do you think could be made if everyone followed through with the changes you did for a week?
4. Repeat the calculations for calculating your carbon footprint but this time with the changes you made. Did your changes make a significant difference on your carbon footprint?
5. Could you do this for a longer time period such as a month or even a year? What would stop you from doing this? Would it be worth it?