

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