



activity Ecological Footprint

HOW GREEN ARE YOU?

NAME _____ CLASS _____

TEACHER _____ DATE _____

Complete this worksheet by answering all of the questions and awarding yourself points. "Yes" answers receive all of the points listed, "sometimes/maybe" answers receive half of the points, and "no" answers receive zero points.

HOME SCORE _____

- 1) Do you turn off the TV and computer when you are done with them (4)
 YES SOMETIMES/MAYBE NO
- 2) Do you turn lights off when leaving a room? (4)
 YES SOMETIMES/MAYBE NO
- 3) Do you reheat leftovers in the microwave instead of the oven? (8)
 YES SOMETIMES/MAYBE NO
- 4) Do you choose to open the windows on a nice day instead of turning on the air conditioner? (10)
 YES SOMETIMES/MAYBE NO

RECYCLING SCORE _____

- 5) Do you recycle all paper, glass, and plastic at home? (20)
 YES SOMETIMES/MAYBE NO
- 6) Do you recycle when at school? (10)
 YES SOMETIMES/MAYBE NO
- 7) If there is no recycling bin available when you are away from home, do you hold onto your trash until there is a bin available (i.e. bring your soda bottles and paper home to recycle)? (20)
 YES SOMETIMES/MAYBE NO
- 8) Do you use both sides of a piece of paper before tossing it into the recycling bin? (4)
 YES SOMETIMES/MAYBE NO

TRANSPORTATION SCORE _____

- 9) Do you carpool, take the bus, walk, or bike to school? (6)
 YES SOMETIMES/MAYBE NO
- 10) Do you trip-chain? (e.g. combine trips by going to the store on your way home from school instead of going home and then back to the store and then home again.) (10)
 YES SOMETIMES/MAYBE NO
- 11) Do you turn your ignition off when you are parked or stopped for more than thirty seconds? (10)
 YES SOMETIMES/MAYBE NO
- 12) If you are going to a friend's house just a mile or two away, do you leave the car at home and bike or walk there? (10)
 YES SOMETIMES/MAYBE NO
- 13) Do you reduce driving on Air Quality Watch days? (12)
 YES SOMETIMES/MAYBE NO

ENERGY SCORE _____

- 14) Do you have compact fluorescent light bulbs installed in your home? (one point for each light bulb)
 YES SOMETIMES/MAYBE NO
- 15) Do you use rechargeable batteries and/or recycle your batteries after use? (6)
 YES SOMETIMES/MAYBE NO
- 16) Do you unplug your cell phone and I-pod chargers after they are done charging to reduce "phantom energy" loss? (4)
 YES SOMETIMES/MAYBE NO
- 17) Do you turn the thermostat down in the winter and wear a sweater, and up in the summer and wear shorts? (6)
 YES SOMETIMES/MAYBE NO

worksheet



WATER SCORE _____

18) Do you turn the water off while brushing your teeth? (6)

YES SOMETIMES/MAYBE NO

19) Are your showers less than 5 minutes? (10)

YES SOMETIMES/MAYBE NO

20) Do you wait to wash your favorite pair of jeans or other items until there is a full load of wash to be done? (4)

YES SOMETIMES/MAYBE NO

21) When able, do you choose organic foods? (20)

YES SOMETIMES/MAYBE NO

22) Do you use a reusable lunch bag and containers to carry food with you instead of disposable? (12)

YES SOMETIMES/MAYBE NO

23) When possible, do you buy locally-grown food instead of food shipped from elsewhere? (20)

YES SOMETIMES/MAYBE NO

REDUCE & REUSE SCORE _____

24) Do you say "no thank you" to bags for items you buy at a store where you purchase only one or two things and can carry them without a bag? (16)

YES SOMETIMES/MAYBE NO

25) Do you carry reusable bags into the grocery store with you instead of taking new paper or plastic bags? (10)

YES SOMETIMES/MAYBE NO

26) Do you use refillable water bottles instead of one-time use plastic bottles? (4)

YES SOMETIMES/MAYBE NO

27) Do you check out books from the library instead of purchasing new ones? (4)

YES SOMETIMES/MAYBE NO

ADDITIONAL STEPS SCORE _____

List up to four other environment-friendly steps you take (points indicated for each measure).

28) _____ (4)

29) _____ (6)

30) _____ (8)

31) _____ (10)



How Green Are You?

Count up your points in each category and then total them to find out which category you fit into.

- HOME _____
- RECYCLING _____
- TRANSPORTATION _____
- ENERGY _____
- WATER _____
- REDUCE & REUSE _____
- ADDITIONAL STEPS _____
- GRAND TOTAL** _____

Keep up the good things you are doing to fight global climate change, and try some new tips too. Remember, no one can do it all, but you can choose to step lightly on Earth by picking sustainable ways of life and sticking to them.

0-50 You are a Green Newbie
Jump on in and learn more about the environment and what you can do to help fight climate change! Try some of the tips on this worksheet to become greener.

51-125 Greenie-In-Training
You have really put an effort into becoming green, but there is SO much more to do! Keep going strong!

126-200 As a Green Machine, you really know what you're doing when it comes to protecting the planet! Keep up the good work.

200+ You are the Green Guru! You are treading very lightly on Earth! Way to go! Try teaching others about protecting the environment without pressuring them.