

Carbon Footprint Calculator

INSTRUCTIONS: Use this calculator to find out how much energy you use at home and calculate your carbon footprint per year. Read the questions below and select the answer that best fits you. Add your scores together for your total.

Questions

WHAT TYPE OF FOOD DO YOU EAT MORE OF?

- a) Home cooked food (2)
- b) Takeaways, ready meals or restaurant food (4)

HOW WOULD YOU BEST DESCRIBE WHAT YOU EAT?

- a) It's mainly vegetables and fruit (2)
- b) I eat meat in most meals (3)

WHEN YOU LEAVE A ROOM DO YOU...

- a) Turn the lights off? (2)
- b) Leave them on for later? (3)

HOW DO YOU LEAVE THE TV WHEN YOU'RE NOT WATCHING IT?

- a) I leave it on (3)
- b) I switch it off (1)
- c) I put it on standby (2)

DO YOU SWITCH OFF YOUR VIDEO GAME SYSTEM WHEN YOU'RE NOT PLAYING?

- a) Yes (1)
- b) No (2)
- c) I don't have one (0)

HOW ARE YOUR CLOTHES DRIED AFTER THEY ARE WASHED?

- a) They are hung up (0)
- b) Using a tumble dryer (3)
- c) Both (2)

WHEN YOU FINISH USING CHARGERS AND OTHER ELECTRICAL APPLIANCES DO YOU...

- a) Leave them plugged in? (1)
- b) Unplug them or switch them off at the wall? (0)

WHEN YOU ARE BRUSHING YOUR TEETH DO YOU...

- a) Turn the tap off? (1)
- b) Leave the tap running? (2)

HOW DO YOU USUALLY GET TO SCHOOL?

- a) I bike (0)
- b) Someone drives me (4)
- c) I take the bus (2)
- d) I share lifts with a friend (carpool) (3)

HAVE YOU BEEN ON ANY FLIGHTS THIS YEAR?

- a) Yes, to somewhere in Europe (2)
- b) Yes, to somewhere outside of Europe (4)
- c) No (0)

WHICH OF THE FOLLOWING THINGS DO YOU RECYCLE? (SELECT ALL THAT APPLY. YOU THEN TAKE THE NUMBERS AWAY FROM YOUR TOTAL BELOW)

- a) Magazines (-1)
- b) Newspaper (-2)
- c) Glass (-1)
- d) Plastic (-1)
- e) Aluminium and steel cans (-2)

Total =

Work space

Answers

- 1-7** – Low carbon footprint - you're very green!
- 8-14** – Not bad, you have some good energy habits
- 15-20** – You use quite a lot of energy, there's room for improvement
- 20+** – Uh oh! Your footprint is pretty big!

THE AVERAGE PERSON IN THE UK USES 6.5 TONNES OF CO₂ YEAR. HOW DO YOU THINK YOUR ENERGY USE COMPARES TO OTHER PEOPLE?

