

# 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 PUT A TICK NEXT TO THE ANSWER THAT BEST FITS YOU. THEN COUNT UP HOW MANY OF EACH COLOUR YOU HAVE AND CHECK YOUR TOTAL AGAINST THE ANSWERS SECTION BELOW.

**GREEN**



**AMBER**



**RED**



## Questions

### WHAT TYPE OF FOOD DO YOU EAT MORE OF?

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

### HOW WOULD YOU BEST DESCRIBE WHAT YOU EAT?

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

### WHEN YOU LEAVE A ROOM DO YOU...

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

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

- a) I leave it on
- b) I switch it off
- c) I put it on standby

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

- a) Yes
- b) No
- c) I don't have one

### HOW ARE YOUR CLOTHES DRIED AFTER THEY ARE WASHED?

- a) They are hung up
- b) Using a tumble dryer
- c) Both

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

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

### WHEN YOU ARE BRUSHING YOUR TEETH DO YOU...

- a) Turn the tap off?
- b) Leave the tap running?

### HOW DO YOU USUALLY GET TO SCHOOL?

- a) I bike or walk
- b) Someone drives me
- c) I take the bus
- d) I share lifts with a friend

### HAVE YOU BEEN ON ANY FLIGHTS THIS YEAR?

- a) Yes, to somewhere in Europe (like France or Spain)
- b) Yes, to somewhere outside of Europe (like Florida in USA)
- c) No

### DO YOU RECYCLE MAGAZINES AND NEWSPAPERS, GLASS, PLASTIC AND TINS?

- a) Yes, all of them
- b) Some
- c) None

## Answers

**MOSTLY GREEN?** – Low carbon footprint – You're very green! (1-3 tonnes)  
(Answers that are green use the least energy)

**MOSTLY AMBER?** – Not bad, you have some good energy habits but there's definitely room for improvement! (3-7 tonnes) (Amber means that more energy is used)

**MOSTLY RED?** Uh oh! Your footprint is pretty big! (7+)  
(Red answers are the ones that use the most energy)

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

