

## Lifestyle Eco Footprint Calculator

<b>1 How Energy Efficient are you?</b>		Answer
1.1	Do you know which appliances and activities use the most electricity? Score 1 for YES, 5 for NO.	
1.2	Is your electric geyser insulated & Max temperature set to 60C? Score 1 for YES, 5 for NO.	
1.3	Is your electric geyser heat pump assisted or a solar geyser? Score 1 for YES, 5 for NO.	
1.4	Do you take short showers, long ones, or bath? Score 1 for short shower, 3 for long and 5 for bath.	
1.5	Do you dress according to the weather or often use a heater or aircon? Score 1 for YES, 5 for heater or AC.	
1.6	Have you replaced your lights with low energy LED ones? LEDs are best. CFL have mercury. Score 1 for YES, 5 for NO.	
1.7	Do you often cook with energy saving devices e.g. hotbox, solar stove or pressure cooker? Score 1 for YES, 5 for NO.	
1.8	Do you have photovoltaic panels? 1 for YES, 5 for NO.	

<b>2 How travel efficient are you?</b>		Answer
2.1	Is your transport mainly <b>alone</b> in a car or in a lift club / Uber or with public transport? Score 1 for public transport, 3 for lift club or Uber and 5 for alone by private car.	
2.2	How often do you choose to cycle or walk for local trips? Score 1 for cycle & walk or 5 for use of your car.	
2.3	How often do you fly? Score 0 for never, 15 for once every few years, 30 for once a year, 60 several times a year. These scores are an indicator of the high carbon footprint of flying. If flying is an important part of your life, there are a number of carbon-offset initiatives that can ameliorate your flight carbon.	

<b>3 How Water Wise are you?</b>		Answer
3.1	Do you know which appliances and activities use the most water? Score 1 for YES, 5 for NO.	
3.2	Do you use a container when brushing teeth, washing hands, fruit etc Score 1. Or Do you let the water run. Score 5.	
3.3	Do you wash cars, windows etc with a bucket? Score 1 Or use the hose? Score 5.	
3.4	Are your toilets low flush or use grey or rain water? Score 1 for grey or rain water, 3 for low flush, 5 for standard.	
3.5	Do you usually use rain water or grey water to water the garden? Score 1 for YES, 5 for NO.	
3.6	Are most of your garden plants water wise (apart from food plants) Score 1 for YES, 5 for NO.	

<b>4 Nature knows no waste. Do you?</b>		Answer
4.1	Do you avoid excess packaging & use your own shopping bags? Score 1 for mostly, 3 for sometimes, 5 for rarely.	
4.2	Do you actively choose products with less packaging, or take your own containers? Score 1 for mostly, 3 for sometimes, 5 for rarely.	

4.3	Do you compost your vegetable and garden waste or use a worm farm? Score 1 for YES, 5 for NO.	
4.4	How often do you choose to buy second hand? Score 1 for often, 3 for sometimes, 5 for rarely.	

<b>5 Are your food choices good for you and the planet?</b>		Answer
5.1	Do you grow any of your own produce? Score 1 for YES, 5 for NO.	
5.2	How often do you choose local as in South African or 'Fair Trade' foods? 1 for mostly, 3 for often, 5 for rarely.	
5.3	How often do you eat red meat? Score 0 for none, 3 for 2 -3 times a week, 5 for most days.	
5.4	Do you only consume sea food on the sustainability green list? Score 0 for no seafood, 3 for mostly, 5 for I eat & don't check.	

<b>6 How chemically clued up are you?</b>		Answer
6.1	Do you use eco-safe cleaning agents or make your own? Score 1 for mainly, 3 for sometimes, 5 for rarely.	
6.2	Do you take batteries, fluoride lights, chemicals, old oil etc to hazardous disposal? 1 for YES, 3 for Often, 5 for Rarely	
6.3	Do you take electronic waste and printer cartridges to a recycler? Score 1 for YES, 3 for Often, 5 for NO.	
6.4	Do you take old medicine to the chemist for disposal? It must not go into waste or be flushed. 1 for YES, 5 for NO	

<b>7 Is your garden part of nature?</b>		Answer
7.1	What percentage of your garden is indigenous? Score 1 for mostly, 3 for more than 50%, 5 for mostly exotic.	
7.2	Does your garden have a range of habitats – e.g. a pond, a rockery, leaf litter, shrubs & trees? 1 for YES, 5 for NO.	
7.3	Do you often see many birds, lizards, insects, frogs etc in your garden? Score 1 for YES, 5 for NO.	
7.4	I don't have a garden. No score.	

**Add up your score. The max is 195. The minimum is 29. How did you score?**

If you scored close to 29 you are EARTH COOL. If you scored between 30 and 65 you are a GREEN VOYAGER, well on the way to an Earth Cool lifestyle. Let your wins encourage more Earth friendly changes. A score over 105 means that you are using many of the Earth's resources and are close to being a TOP CONSUMER. If we all lived as top consumers, we would need more than one Earth to provide our resources and there would be nothing left for Nature. Look at where you scored 5s and think about what you can change to reduce your footprint on the planet.

*Every day is Earth day – Let us live this!*

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