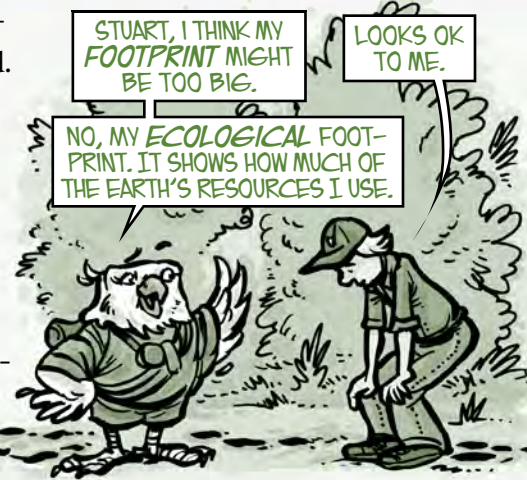


How Big Is Your Footprint?

Our amazing Earth is an oasis of life. All living things—especially people—use food, water, land, and energy. But many of those resources are limited. If we use them irresponsibly, life on our planet may be in danger.

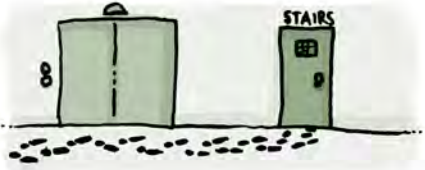

An ecological footprint is one way to measure the resources we use. A healthy footprint means we're using our fair share, and leaving enough for others, now and in the future. But some footprints are too big—people use more than their share. Other people don't have enough food, water, and other things needed for healthy lives.

When we practice moderation, taking just what we need, our ecological footprints can be just the right size. Try the quiz below to measure your footprint.



Stuart & Gabriella's Footprint Quiz

Mark your answer for each statement below. Then add up your points.

- | | | |
|---|--|---|
| <p>1 I get involved in outdoor projects, such as gardening or cleaning.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> <p>2 My family uses energy-efficient light bulbs and appliances.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> <p>3 I help recycle or reuse paper, plastic, and packaging.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> <p>4 I bike, walk, or take public transportation when I can.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> <p>5 I turn off lights, TVs, computers, and other electronics when they're not in use.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> | <p>6 I use refillable containers when I pack my school lunch.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> <p>7 I try to do things without using electricity, such as taking stairs instead of elevators.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p>  <p>8 When I'm shopping, I choose items with little packaging.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> <p>9 At the store, I ask for no bag or bring a reusable bag.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> | <p>10 I choose fresh food, like fruits and vegetables.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> <p>11 I try to buy items made from recycled materials.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> <p>12 I try to buy used clothes, toys, and books, instead of new.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p> <p>13 I close the doors and windows when the heater or air conditioner is on.
 <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely</p>  |
|---|--|---|

Scoring

Often = 1 point • Sometimes = 2 points • Rarely = 3 points

TOTAL POINTS: _____

19 or less: Small Footprint.

You're using resources carefully. Keep up the awesome work!

20–29 points: Medium Footprint.

Good start. Look for even more ways to conserve.

30–39 points: Big Footprint.

Work on your earth-friendly habits. Check the quiz for tips.