



Quiz: What is your Ecological Footprint?

How many planets do we need if everybody lives like you?

When is your personal Overshoot Day?

FOOD

How often do you eat animal based products?

(beef, pork, chicken, fish, eggs, dairy products)

- ☐ **NEVER:** vegan
- ☐ **INFREQUENTLY:** vegetarian - eggs/ dairy, no meat
- ☐ **OCCASIONALLY:** really like veggies - occasional meat, eggs/ dairy
- ☐ **OFTEN:** balanced meat/ veggies - meat a few times a week, eggs/ dairy almost daily
- ☐ **VERY OFTEN:** meat daily

How much of the food that you eat is unprocessed, unpackaged or locally grown?

(less than 320 kilometres/ 200 miles away)

NONE

____ %

ALL

HOUSING

Which housing type best describes your home?

- ☐ Freestanding, no running water
- ☐ Freestanding, running water
- ☐ Multi-storey apartment
- ☐ Duplex, row house or building with 2-4 housing units
- ☐ Luxury condominium



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What material is your house constructed with?

- ☐ Straw/ bamboo
- ☐ Brick/ concrete
- ☐ Steel/ other
- ☐ Wood
- ☐ Adobe

How many people live in your household?

What is the size of your home?

- ☐ TINY
5 m² - 12 m²
- ☐ SMALL
17 m² - 45 m²
- ☐ MEDIUM
50 m² - 136 m²
- ☐ LARGE
141 m² - 467 m²
- ☐ HUGE
472 m² - 1394 m²

Do you have electricity in your home?

- ☐ YES
- ☐ NO

How energy efficient is your home?

- ☐ **VERY INEFFICIENT** (poor insulation, few LED lamps, heating / cooling systems used often)
- ☐ **BELOW AVERAGE** (inefficient lighting, standard appliances)
- ☐ **AVERAGE** (modern appliances, climate controls)
- ☐ **ABOVE AVERAGE** (well insulated, efficient lighting and appliances, careful use)
- ☐ **EFFICIENCY - CENTERED DESIGN** (passive heating/ cooling, advanced temperature control and ventilation, low electricity use)



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What percentage of your home's electricity comes from renewable sources?

LOW % HIGH

Compared to your neighbours, how much trash do you generate?

☐ MUCH LESS ☐ LESS ☐ SAME ☐ MORE ☐ MUCH MORE

TRANSPORTATION

How far do you travel by car or motorcycle each week?



km



km

What is the average fuel economy of the vehicles you use most often?



INEFFICIENT
24 liters / 100 kms

l / 100 kms

EFFICIENT OR ELECTRIC
2 liters / 100 kms



INEFFICIENT
9 liters / 100 kms

l / 100 kms

EFFICIENT OR ELECTRIC
2 liters / 100 kms



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When you travel by car, how often do you carpool?

- ☐ NEVER 0 % - 20 % ☐ INFREQUENTLY 21 % - 40 % ☐ OCCASIONALLY 41 % - 60 % ☐ OFTEN 61 % - 80 % ☐ ALWAYS 81 % - 100 %

How far do you travel on public transportation each week?

0 kms **NOT FAR** _____ kms **VERY FAR** 800 kms

How many hours do you fly each year?

0 hours **NONE** _____ hours **MANY** 200 hours