Hamilton Conservation Authority

A Healthy Watershed for Everyone

HOW BIG IS YOUR ECO-FOOTPRINT?

An ecological footprint is a way to measure your personal impact on our planet. Complete our quiz to find out the size of your eco-footprint!

Give yourself the appropriate point(s) based on how accurate the statement represents your choices:

Almost Always – 1 Point
Sometimes – 2 Points
Rarely – 3 Points

	Today	2 Weeks Later	4 Weeks Later
1. I use a reusable water bottle	○	○	○
2. I take a litterless lunch to school	○	○	○
3. I conserve water by taking short showers and turning off the tap when brushing my teeth	○	○	○
4. I fully turn off or shutdown electronics (computer, tv & other appliances) when I'm not using them	○	○	○
5. When travelling locally, I choose to walk, ride a bike or take public transit	○	○	○
6. I participate in "earth friendly" clubs, events & activities (eg. Earth hour) in my school & community	○	○	○
7. I donate my old items (clothes, books & toys etc) to someone who needs them	○	○	○
8. I compost my food waste when possible rather than putting it in the garbage	○	○	○
9. I look for ways to Reduce, Reuse & Recycle as much as possible	○	○	○
10. I make ecofriendly choices when I'm too cold/warm inside (eg. Use sweaters/blankets versus turning up the heat or close the blinds versus turning on the air conditioning)	○	○	○
11. My family and I choose food with minimal packaging/ waste	○	○	○
12. My family and I purchase goods & food locally as much as possible	○	○	○
13. My family and I try to repair broken items before replacing them	○	○	○
14. My family and I recycle our old electronics	○	○	○
15. I encourage my friends and family to take part to reduce our impact on the environment	○	○	○
Total:			

15-25 Points: Small Footprint: Continue to make eco-friendly choices in your daily lives. Encourage and help others do the same

26-35 Points: Medium Footprint; Continue to make eco-friendly choices in your daily lives and keeping working to have a small eco-footprint

36-45 Points: Large Footprint: Consider making more eco-friendly choices in your daily lives to reduce your impact on the environment