



IS ONE PLANET ENOUGH?

How many Earths would be needed if everyone on the planet lived like you? Find out how much land is needed to support your way of living - **your ecological footprint.**

1 WATER

Do you have a bath most days?
If yes, score 14

Or, do you shower every day for less than 5 minutes score 4

Or, do you shower every day for more than 5 minutes? score 10

Do you shower more than once a day in summer? score 4

Do you use a dishwasher most days? score 6

Do you wash your car with a hose? score 4

SCORE

2 FOOD

In your home, do you eat a lot of food that comes in packages or is it processed? If yes, score 15

Or do you buy a mix of packaged and local fresh food? score 10

Or, does most of your food come from local sources, with just a few packaged items? score 5

Or do your source all your food from your garden or local sources? score 2

Do you eat meat with most meals? If yes, score 85

Or do you only eat meat with some meals? score 40

Or, are you vegetarian? score 25

Or, are you vegan? (no meat, dairy, eggs etc) score 15

SCORE

3 WHERE YOU LIVE

Choose the type of home you live in, then divide the score by the number of people living with you.

Do you live in a tiny home or small flat? score 7

Or do you live in a terraced house or large apartment? score 15

Or, do you live in a townhouse or semi-detached house? score 23

Or, do you live in a large house? score 33

SCORE

4 HEATING & COOLING

If you have no heating or air conditioning, score 0 and skip to the next section.

If all of your electricity comes from renewable sources, just score 2 and skip to next section.

Everyone else, start this section with a score of 45.

If some of your electricity comes from renewable sources, halve your score.

Do you add layers of clothes before turning on the heating? subtract 5

Do you open the window or turn on a fan, rather than the air conditioning? subtract 10

Do you turn on the heating or air conditioning only when absolutely necessary, rather than keeping it on most of the time? subtract 15

SCORE

5 ELECTRICITY

If all of your electricity comes from renewable sources, just score 2 and go to next section.

Generating electricity releases carbon dioxide, **so start this section with a score of 75.**

If some of your electricity comes from renewable sources, halve your score.

Do you always switch off the lights and appliances that are no longer in use? subtract 10

Do you dry clothes on a line rather than in a dryer? subtract 15

SCORE

6 TRAVEL

Where did you go in the last year? Add together scores for each trip.

If you flew to Europe, Africa, North America. score 155

If you flew to Asia, South America, score 85

If you flew in Australia, score 20

If you went by road or rail locally (<500km) in Australia, score 10

SCORE

7 TRANSPORT

What is your usual mode of transport?

Large car? Score 75

Small energy efficient car score 40

Hybrid or electric car? score 15

Bus or train? score 20

Walk or cycle? score 3

SCORE





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8 CLOTHING

Do you buy new clothes at least once a fortnight? **score 50**

Or every few months? **score 35**

Or once a year? **score 10**

Or do you buy clothes second hand? **score 5**

Do you swap / give away clothes to friends / 2nd hand shops? **subtract 10**

Do you mend clothes to get longer wear from them? **subtract 10**

SCORE

9 WASTE

To dispose of waste, uses up valuable land. **Start this section with a score of 100.**

Do you recycle bottles & cans? **subtract 10**

Do you compost food scraps? **subtract 15**

Do you recycle paper & cardboard **subtract 10**

Do you borrow from a library or friend rather than buying new? (toys, equipment, books etc). **subtract 5**

Do you avoid buying packaged goods? **subtract 10**

Do you reuse and repair items rather than throw them out? **subtract 10**

Do you plan how to avoid waste and reduce how much you're buying? **subtract 10**

SCORE

NAME.....

PHONE.....

EMAIL.....

POSTCODE.....



YOUR SCORE

WATER.....

FOOD.....

WHERE YOU LIVE.....

HEATING & COOLING.....

ELECTRICITY.....

HOLIDAY.....

DAILY TRAVEL.....

CLOTHING.....

WASTE.....

SUBTOTAL

Many of the amenities you use every day, from roads to shops and buildings, make their own demands on land. People who consume more tend to rely more on these amenities.

So, to take account of this, double your score

TOTAL

Each "point" in your score is equal to about one hundredth of a hectare. So, for example, a score of 350 is equal to about 3.5 hectares.

200 OR UNDER



Well done, you are living within or close to the average Earth share. If everyone lived like you, then human and non-human existence could be sustainable and equitable. Around two-thirds of the global population have a footprint lower than 200.

200 - 400



Your footprint is below the Australian average. However, this is still around twice the average Earth share. If everyone lived like you, we would need at least one "extra" planet to support consumption. About 15 percent of the world's population falls into this category.

400 - 600



Your footprint is close to the European average. This is about three times greater than the Earth share. If everyone lived like you, we would need two additional planets to support us! About 7 percent of the world's population falls into this category.

600 - 800



Your footprint is just below that of the average Australian and still below that of the average North American. If everyone lived like you, we would need to find three additional planets! About 3 percent of the world's population falls into the category.

OVER 800



Your footprint is now close to that of the average Australian and North American. If everyone consumed the same, we would need at least four extra planets to live sustainably. About 5 percent of the world's population have a footprint this big.

For more information or a more detailed online calculator, please visit: <https://www.footprintnetwork.org/>

FURTHER READING
Sharing Natures Interest
by Nicky Chambers, Craig Simmons and Mathis Wackernagel
Published by Earthscan.