

# Carbon Footprint Worksheet

Circle the letter that best answers the following questions, and then use the Scoring Instructions to calculate your “carbon footprint” – the effect your family has on the climate in terms of greenhouse gasses you produce measured in units of carbon dioxide.

**1. How do you get to school?**

- A. Walk or ride your bike  
B. Motorcycle  
C. Car  
D. Bus or van

**2. What kind of vehicle(s) do your parents drive?**

- A. None (Don't own a vehicle)  
B. Motorcycle only  
C. Car  
D. SUV, van or truck

**3. How often does someone in your family fly in a plane?**

- A. Less than once per month  
B. Once per month  
C. 2 to 4 times per month  
D. Once or more per week

**4. How often does your family eat out or order food at a restaurant?**

- A. Never  
B. Once per month  
C. Once per week  
D. Twice or more per week

**5. What kind of food does your family eat?**

- A. Home grown or raised  
B. Combination of store bought and home grown  
C. Store bought only

**6. How many carbonated drinks (soda or pop) do you drink?**

- A. None  
B. 1 can per day  
C. 2 cans per day  
D. 3 or more cans per day

**7. How often does your family do laundry?**

- A. Once per month  
B. Twice per month  
C. Once per week  
D. Twice or more per week

**8. Do you get newspapers or magazines at home?**

- A. Yes  
B. No

**9. Do you turn the lights off when not needed?**

- A. Yes  
B. No

**10. Do you turn off your computer, video games or other electronics when you're not using them?**

- A. Yes  
B. No

**11. What type of fuel or energy is used to heat your home?**

- A. Wood  
B. Propane  
C. Oil  
D. Natural gas

**12. Does anyone in your home own any of the following items?**

(Circle all that apply.)

- A. TV  
B. Cell phone  
C. DVD player  
D. Computer  
E. Washing machine  
F. Dishwasher  
G. Refrigerator  
H. Motorcycle, snowmobile, quad  
I. Motorboat

**SCORING INSTRUCTIONS:** For questions 1 through 11, assign 1 point for each A answer, 2 points for each B, 3 points for each C and 4 points for each D. For question 12, assign 1 point for each item circled. Add the points together to determine your “carbon footprint.”

**13 – 20 Points:**

Green is your favorite color.  
Keep up the good work.

**21 – 28 Points:**

Very good.

**29 – 36 Points:**

Your efforts are appreciated.

**36 – 43 Points:**

There's room for improvement.

**44 – 46 Points:**

Look for ways to become better friends with Mother Nature.

**A Note About Your Carbon Footprint**

As this worksheet shows, the more you consume, the greater your carbon footprint. Each time something is consumed, the earth's natural resources are used. By knowing your carbon footprint, you can understand how the earth is impacted and identify ways to protect natural resources.