

Becoming More Sustainable – A Self Assessment

An eco footprint is a measurement of how much your lifestyle impacts the earth in terms of the resources needed and the waste produced. You can also measure your impact by counting greenhouse gas emissions, measured in units of carbon dioxide (CO₂)

at WORK...

Work Activity	Best practices	Good work	Could be improved	Hard on the earth
Computer use:	Shut down your system when you are going to be away for more than a 1/2 hour	Turn off your monitor when gone for more than 10 min	Only turn your monitor and/or computer off when you leave for the day	Leave your computer and monitor on most of the time
Printing:	Review documents and send materials electronically most of the time	Print documents double-sided occasionally	Improved: Print single-side documents occasionally	Print emails and other documents frequently
Office Supplies:	Reuse/refill supplies whenever possible	Always buy products with recycled-content	Buy just the products you need	Buy lots of extra products
Filing:	Our office has converted paper files to electronic documents and never use paper files for new documents	File most new documents electronically	File documents electronically half of the time	Print everything and file manually
Work related driving:	Look for opportunities for teleconferencing in an effort to avoid driving to a meeting	Carpool to meetings whenever possible	Drive a hybrid or low mileage vehicle to meetings	Drive alone most or all of the time
Lunches:	Use reusable containers (e.g. Tupperware or reusable bags for a waste-free lunch from home	Bring lunch in reusable bag but still dispose of some baggies	Eat micro-wavable food that comes in packaging	Take-out or fast food with a large amount of disposable packaging

Planning Meetings and Events:	Provide reusable plates and cups or bring-your-own; eliminate extra paper; provide healthy local food	Minimize or eliminate paper copies—use slides or e-communication	Share agendas, print double-sided, reduce disposable dishware	Frequently print materials and use disposable single-use dishware
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at HOME...

Household Activity	Best practices	Good work	Could be improved	Hard on the earth
Square footage: Divide the living space in your house (in square feet) by the number in your household. Is the square feet per person...	Less than 500	500 – 1,000	1,000 – 1,500	Over 1,500
Appliances: How many of your appliances are energy and water efficient? (refrigerator, washing machine, dish washer, furnace, etc.)	All	75%	50%	25% or less
Lighting: How many of the lights you use for more than 2 hours a day are energy efficient fluorescents or LEDs?	All	75%	50%	25% or less
Heat/cooling: Do you set your thermostat to...	68 degrees or less; don't use air conditioning	69 degrees or less; don't use air conditioning	70 degrees or less; don't use air conditioning	71 degrees or more; use air conditioning
Weatherization: How well insulated is your house? (Consider windows, caulking, insulation, etc.) Is your house...	Tight as a drum (but properly ventilated as with an energy recovery ventilation system)	Pretty tight	Has a few noticeable drafts/leaks	Is well below current codes
Energy: Where does your energy come from? Do you...	Buy 100% green power and/or generate power from solar or other systems	Buy at least 50% green power and use passive solar heating/cooling	Buy less than 50% green power but use energy wisely	Buy no green power and use energy wastefully

in your YARD...

Yard Care Activity	Best Practices	Good Work	Could be Improved	Hard on the Earth
Landscaping: When you	Choose all native	Choose plants that	Have a lot of lawn;	Have mostly lawn and

landscape your yard, do you...	plants and minimize lawn	attract wildlife (not all native plants)	most shrubs and trees are non-native	some invasive non-native plants (e.g. English ivy)
Yard maintenance: Do you...	Never use synthetic pesticides or herbicides	Rarely use pesticides or herbicides	Sometimes use pesticides or herbicides	Frequently use pesticides or herbicides
Watering: Do you...	Never water lawn; plant drought-resistant plants; use rainwater collection system	Water shrubs and flowers only after a long dry spell	Water shrubs and flowers regularly	Water lawn regularly

your HABITS...

Habits	Best practices	Good work	Could be improved	Hard on the earth
Diet: Do you most often eat meals that...	Are mostly vegetarian, (balanced with iron-rich options), occasionally with meat, and from organic and/or local sources	Include fish or poultry from certified sources and only occasionally include produce from more than 500 miles away	Include pork, non-certified fish and poultry	Eat red or processed meats daily and regularly include produce from more than 1500 miles away
Transportation: Do you most often...	Bike/walk	Take public transportation; Carpool	Drive smarter with fewer trips	Drive alone
Household waste: Do you...	Recycle and compost everything possible	Recycle most things	Recycle only what you get paid for (e.g., 5¢ returns on bottles)	Put everything in the garbage
Trash: Weigh your garbage after one week. Is it...	Less than .25 pounds per person	Between .25-1 pounds per person	Between 1-2 pounds per person	>2 pounds per person
Bathing: Do you usually...	Take showers that last less than 5 min. with a low-flow shower head	Take showers that last 5-8 min. with a low-flow shower head	Take showers that last more than 8 min.	Take baths instead of showers most of the time
Purchases: Do you...	Use everything until you wear it out, repair it, or give it away to others; buy in bulk; consider the packaging in your purchase decision	Repair what is cost-effective; donate what you don't need	Use shopping as a form of recreation, often buying things you don't need	Buy the latest version (e.g., computer, sound system, etc.) even though your existing possessions are still in good shape