

Go to the **Global Footprint Network** website at this web address:

<http://www.footprintnetwork.org/en/index.php/GFN/page/calculators/>

Follow the directions to complete the **Personal Footprint Quiz** to estimate your **ecological footprint**, discover your **biggest areas of resource consumption**, and learn what you can do to use resources more wisely.

1. Calculate your **ecological footprint** and record a **description** below:

2. Experiment with the calculator to see what you need to do to get the highest and lowest scores. List the factors that have the **most impact** and the **least impact** on a person's **ecological footprint**.

Most impact	Least impact

3. Write a one-sentence definition for **ecological footprint**:

4. Based on **your lifestyle**, list the **three most effective ways** you and your family can reduce your **ecological footprint**:

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Energy Audit Activities for Middle School Students

Module 1: Sustainability

What's My Footprint?

1. Go to the **Nature Conservancy Carbon Footprint Calculator** website:

<http://www.nature.org/greenliving/carboncalculator/index.htm>

2. Using information found at the website, explain what the term **carbon footprint** means:

3. What is the difference between an **ecological footprint** and a **carbon footprint**?

4. Use the website calculator to estimate your **carbon footprint**.

(You may need to ask your parents for information to answer some of the questions.)

Record your carbon footprint: \_\_\_\_\_ tons of CO<sub>2</sub> per year

5. How does your carbon footprint compare to the average American's footprint?

6. List **two** ways you and your family could easily reduce your carbon footprint:

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5. Why is it important for people and societies to reduce their **ecological** and **carbon** footprints?