

**What is your Ecological Footprint?**

An ecological footprint is the impact of a person or community on the environment, expressed as the amount of land required to sustain their use of natural resources. We only have one Earth with a limited amount of resources. However, at our present rate, Americans are using the resources of 5 Earths! Saving our resources begin with the individual. What can *you* do to limit the amount of resources you use? To understand your ecological impact we need to calculate your ecological footprint.

Go to <http://www.earthday.org/footprint-calculator> and login as a guest using your email.

1. When is your personal Earth Overshoot day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. When is Earth’s Overshoot day for humanity? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. If everyone lived like you, we would need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Earths
4. How does your number of Earths needed compare to other countries?
5. Identify the global hectares (gha) needed in your ecological footprint breakdown:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food** | **Shelter** | **Mobility** | **Goods** | **Services** |
|  |  |  |  |  |

Which is the highest percentage? Why do you suppose that is so?

1. Explore scenarios and identify three lifestyle changes you can make to lower your ecological footprint.
2. The lowest amount of Earths needed I can obtain is \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What changes did you make to achieve that number?
4. The highest amount of Earths needed I can obtain is \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. What changes did you make to achieve that number?