

Name: _____

Date: _____

Eco-Footprint Analysis Worksheet

Your eco-footprint measures how your daily actions impact the environment. This worksheet will help you analyze your habits and identify ways to live more sustainably.

Part 1: Personal Eco-Footprint Assessment

For each category, circle the statement that best describes your current habits:

1. Energy Use:

- I always turn off lights and electronics when not in use.
- I sometimes forget but try to turn off lights and electronics.
- I rarely turn off lights and electronics when not in use.

2. Water Conservation:

- I take short showers (less than 5 minutes) and turn off the tap while brushing my teeth.
- I try to conserve water but sometimes forget.
- I take long showers and leave the tap running while brushing my teeth.

3. Waste Management:

- I recycle and compost as much as possible.
- I recycle sometimes but do not compost.
- I do not regularly recycle or compost.

4. Transportation:

- I usually walk, bike, or take public transportation.
- I sometimes use eco-friendly transportation.
- I mostly rely on cars for transportation.

5. Sustainable Choices:

- I always use reusable water bottles, bags, and containers.
- I try to use reusable items but sometimes forget.
- I frequently use single-use plastics.

Part 2: Eco-Footprint Reflection

- **Based on your answers above, what areas do you think you can improve to reduce your eco-footprint?**
- **Choose one action you can take this month to live more sustainably and explain how it will help the environment.**
- **Why is it important for individuals to take responsibility for their environmental impact?**

Part 3: Eco-Challenge – Class Sustainability Plan

As a class, choose one project to make your school more sustainable:

- **Start a recycling or composting station.**
- **Reduce paper waste by using digital resources.**
- **Organize a campaign to promote reusable bottles and containers.**
- **Other:**

Describe your class's plan and how it will reduce your collective eco-footprint.