

Instructions	Answer the questions and the program will provide you with a score that represents the amount of carbon dioxide and carbon dioxide equivalents your lifestyle currently contribute to Earth's atmosphere. Carbon dioxide and their equivalents contribute to global warming and the risk of irreparable damage to our ecosystem. If your score is less than 60 points, then you are making a small impact on your planet. Your score can be stored and compared to any future times you complete the questionnaire so that you can see if you've made any reductions to you carbon dioxide contribution. Your answers and score and the date you completed the questionnaire are held for anonymous statistical analysis and for your interest. You can use the 'Administer data' menu to delete your later if you wish but no other personal data is held. When you're asked to select an option, type in the number of your option and press enter.	
Carbon calculation steps	Details	Score (where applicable)
Question 1	Count the members of your household. If you live alone, then your carbon footprint will likely be higher than someone who lives in a house or apartment with other people. This is because you would be sharing the electricity, water, and fuel costs to keep your dwelling up and running.	Max possible score 14
Option 1	You live alone	14
Option 2	You share a house or apartment with 1 other person	12
Option 3	You share a house or apartment with 2 other people	10
Option 4	You share a house or apartment with 3 other people	8
Option 5	You share a house or apartment with 4 other people	6
Option 6	You share a house or apartment with 5 other people	4
Option 7	You share a house or apartment with more than 5 other people	2
Question 2	Consider the size of your home. A smaller home makes a smaller impact on the environment. Take the size of your home into account as you calculate your impact.	Max possible score 10
Option 1	You have a large house	10
Option 2	You have a medium-sized house	7
Option 3	You have a small house	4
Option 4	You live in an apartment	2
Question 3	Evaluate your food choices. The types of food that you eat can also have an effect on your carbon footprint. You will have a higher carbon footprint if you eat meat from domesticated animals regularly, and you will have a lower carbon footprint if you eat no meat or animal products at all.	Max possible score 10
Option 1	You eat domestic meat on a daily basis	10
Option 2	You eat domestic meat a few times per week	8
Option 3	You are a vegetarian	4
Option 4	You are a vegan or only eat wild meat	2
Question 4		Max possible score 12
Option 1	Most of the food you eat is prepackaged convenience food, such as frozen pizza, cereal, and potato chips.	12
Option 2	You have a good balance of fresh and convenience food.	6
Option 3	You only eat fresh, locally grown, or hunted food	2
Question 5	Examine your water consumption. Your water consumption from appliances is also important to consider as you calculate your carbon footprint. Consider how many times per week you run your dishwasher and/or washing machine.	Max possible score 3
Option 1	You run your dishwasher more than 9 times per week.	3
Option 2	You run your dishwasher 4 to 9 times per week.	2
Option 3	You run your dishwasher 1 to 3 times per week.	1
Option 4	You don't have a dishwasher.	0
Question 6		Max possible score 3
Option 1	You run your washing machine more than 9 times per week.	3
Option 2	You run your washing machine 4 to 9 times per week.	2
Option 3	You run your washing machine 1 to 3 times per week.	1
Option 4	You don't have a washing machine.	0
Question 7	Determine how many household purchases you make each year. The number of new items that you buy for your household can also affect your carbon footprint. If you buy lots of new things, then your score will be higher than someone who does not buy anything or who only buys secondhand items.	Max possible score 10
Option 1	You buy more than 7 new pieces of furniture, electronics, or other household gadget	10
Option 2	You purchase between 5 and 7 items.	8
Option 3	You purchase between 3 and 5 items.	6
Option 4	You purchase less than 3 items.	4
Option 5	You purchase almost nothing or only secondhand items.	2
Question 8	Consider how much waste you produce. The more bins you fill each week, the larger your carbon footprint will be. Count up how many times you fill your bins each week.	Max possible score 50
Option 1	You fill 4 large bins each week.	50
Option 2	You fill 3 large bins each week.	40
Option 3	You fill 2 large bins each week.	30
Option 4	You fill 1 large bins each week.	20
Option 5	You fill half of a large bin or less per week.	5
Question 9	Identify the amount of waste that you recycle. How many of the following categories do you recycle? Glass, Plastic, Paper, Aluminium, Steel, Food Waste (Composting)	Max possible score 24
Option 1	You recycle none of the categories.	24
Option 2	You recycle 1 of the categories.	20
Option 3	You recycle 2 of the categories.	16
Option 4	You recycle 3 of the categories.	12
Option 5	You recycle 4 of the categories.	8
Option 6	You recycle 5 of the categories.	4
Option 7	You recycle all of the categories.	0
Question 10	You will also need to consider your travel. How far you travel in a personal vehicle?	Max possible score 12
Option 1	You travel more than 24,000 km per year.	12
Option 2	You travel 16,000 to 24,000 km per year.	10
Option 3	You travel 1,600 to 16,000 km per year.	6
Option 4	You travel less than 1,600 km per year	4
Option 5	You don't have a car.	0
Question 11	How far do you travel on public transport?	Max possible score 12
Option 1	You travel more than 32,000 km per year.	12
Option 2	You travel 24,000 to 32,000 km per year.	10
Option 3	You travel 16,000 to 24,000 km per year.	6
Option 4	You travel 1,600 to 16,000 kmper year.	4
Option 5	You travel less than 1,600 km per year.	2
Option 6	You don't use public transport.	0
Question 12	How far do you travel by plane?	Max possible score 20
Option 1	You travel long distances, such as to another continent.	20
Option 2	You travel further, such as to a nearby country.	6
Option 3	You only travel short distances, such as within your country.	2
Summary	The lower the score the better. If your score is less than 60 points, then you are making a small impact on your planet. If it is higher than 60, then you might want to look for some ways that you can reduce your impact. For instance, you can replace old appliances with energy-efficient ones, purchase items with less packaging, use public transportation or carpool, compost, and recycle. Or you could plant some trees. A tree can absorb a ton of carbon over its lifetime.	

User code	Date	Step 1 score	Step 2 score	Step 3 score	Step 4 score	Step 5 score	Step 6 score	Step 7 score	Step 8 score	Step 9 score	Step 10 score	Step 11 score	Step 12 score	Total score
5ht0l	28-11-2022	12	4	2	6	3	2	6	40	24	10	12	6	127
ztXhO	25-11-2022	12	7	8	6	2	2	8	40	20	10	10	6	131
DF3pp	25-11-2022	12	7	8	6	2	2	8	40	20	10	10	6	131
qCxmb	25-11-2022	12	7	8	6	2	2	8	40	20	10	10	6	131
EhrGu	25-11-2022	12	7	8	6	2	2	8	40	20	10	10	6	131
K6HV4	28-11-2022	14	7	4	6	3	2	6	40	24	10	6	6	128
zjtQn	28-11-2022	14	7	4	6	3	2	6	40	24	10	6	6	128
PIps5	27-11-2022	10	2	4	6	1	2	8	40	16	10	12	6	117
z6pNG	01-12-2022	10	2	8	2	2	1	8	20	20	6	10	2	91
ZpAZm	28-11-2022	10	7	10	6	2	3	8	50	20	6	10	20	152
TnCq3	28-11-2022	6	4	8	2	2	1	8	30	20	6	4	2	93
wSYxq	28-11-2022	10	7	2	6	3	2	10	40	16	10	12	6	124
TEln1	28-11-2022	14	7	4	6	3	2	6	40	24	10	12	6	134
ih053	28-11-2022	8	7	10	6	3	2	10	30	20	12	10	20	138
0VDY1	28-11-2022	6	4	4	6	2	3	8	40	16	10	6	6	111
RacEZ	28-11-2022	10	7	10	6	1	2	10	40	16	10	12	6	130
RkxIO	28-11-2022	12	4	8	12	2	1	8	50	20	12	10	6	145
dIAjz	28-11-2022	6	4	8	2	2	3	8	50	20	12	6	6	127
fGG6e	28-11-2022	10	7	2	6	1	2	6	40	16	10	6	6	112
PnYLG	28-11-2022	12	4	8	12	2	1	8	50	12	10	12	6	137
EF4NG	28-11-2022	8	4	8	2	2	1	8	30	20	6	10	2	101
7CcGV	28-11-2022	10	7	10	6	1	2	10	40	24	10	12	6	138
VYxtA	28-11-2022	10	7	10	6	1	2	10	40	16	10	12	6	130
EdROJ	28-11-2022	14	7	4	6	3	2	6	40	24	10	6	6	128
k8Yd	28-11-2022	10	7	10	6	3	2	6	40	24	10	6	6	130
B4DKI	28-11-2022	12	7	2	6	2	2	6	40	16	12	10	6	121
BcbPm	28-11-2022	10	7	10	6	1	2	10	40	16	10	12	6	130
g86DL	28-11-2022	10	7	10	6	1	2	10	40	16	10	12	6	130
BMqOc	28-11-2022	10	7	10	6	1	2	10	40	16	10	12	6	130
aumZh	28-11-2022	10	7	10	6	1	2	10	40	24	10	6	6	132
dBYr	03-12-2022	12	7	8	6	2	2	8	40	20	10	10	6	131
6P9fw	28-11-2022	12	4	8	12	2	1	8	50	20	12	10	20	159
tW2Xf	30-11-2022	12	7	8	2	2	1	8	30	20	6	10	2	108
djg5h	03-12-2022	12	7	8	6	2	2	8	40	20	10	10	6	131
VsgEI	28-11-2022	10	10	8	2	1	2	6	40	24	10	6	6	125
g2lvM	28-11-2022	10	4	4	6	3	2	6	40	24	10	6	20	135
cW8dN	01-12-2022	10	7	8	2	2	1	4	40	16	10	6	6	112
UJ0TC	01-12-2022	4	4	4	2	2	1	4	40	16	10	6	2	95
QWoRs	01-12-2022	14	10	10	12	3	3	10	50	24	12	12	20	180
dOCna	01-12-2022	14	7	10	12	3	3	10	50	24	0	12	20	165
PAve9	01-12-2022	14	10	10	12	3	3	10	50	24	12	12	20	180
L27Nx	01-12-2022	2	2	2	2	0	0	2	5	0	0	0	2	17
KAI4o	01-12-2022	14	10	10	12	3	3	10	50	24	12	12	20	180
JvodT	01-12-2022	8	7	10	2	3	1	4	40	16	12	4	20	127
CrSU7	03-12-2022	12	7	8	6	2	2	8	40	20	10	10	6	131
67XGc	03-12-2022	12	10	4	6	3	2	6	30	20	6	10	2	111
HSUWo	03-12-2022	10	7	4	6	2	2	8	40	20	10	10	6	125
WqYFz	03-12-2022	10	7	4	6	1	2	6	40	16	10	6	6	114
8f7ym	03-12-2022	8	4	8	2	2	1	8	30	20	4	10	2	99
UOmzf	03-12-2022	12	7	8	6	2	2	8	40	20	10	10	6	131