

# Carbon Footprint Report

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## Personal Carbon Footprint Report

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### Executive Summary

Total Carbon Emissions	39.45 kg CO?
Emission Level	Low
Highest Emission Category	Food Choices
Carbon Offset Equivalent	2 trees needed for 1 year

### Detailed Emissions Breakdown

No.	Category	Input Value	Emissions (kg CO?)
1	Food Choices	3 meat	21.60 (54.8%)
2	Electricity	12	10.20 (25.9%)
3	Fuel/Transportation	3 petrol	6.93 (17.6%)
4	Waste	3 recyclable	0.63 (1.6%)
5	Water	233	0.07 (0.2%)
6	Paper	2	0.02 (0.1%)
TOTAL EMISSIONS:			39.45 kg CO?

### Emissions History (Last 6 Months)

Month	Total Emissions	Level	Trend
Feb 2026	514.25 kg CO?	High	

## Personalized Recommendations

- **Reduce meat consumption:** Consider meat-free days to lower your carbon footprint
  - **Buy local and seasonal:** Choose locally produced, seasonal foods to reduce transportation emissions
  - **Minimize food waste:** Plan meals and store food properly to reduce waste
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**Note:** This report is generated based on your input data and standard emission factors. The calculations are estimates and actual emissions may vary. For questions or concerns, please contact the sustainability team.