

Personal Carbon Footprint Report

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Department:

Group Strategy & Growth

Report Date:

16 Feb 2026

Executive Summary

Total Carbon Emissions	68.75 kg CO?
Emission Level	Medium
Highest Emission Category	Electricity
Carbon Offset Equivalent	4 trees needed for 1 year

Detailed Emissions Breakdown

No.	Category	Input Value	Emissions (kg CO?)
1	Electricity	50	42.50 (61.8%)
2	Food Choices	2 meat	14.40 (20.9%)
3	Fuel/Transportation	5 petrol	11.55 (16.8%)
4	Waste	1 recyclable	0.21 (0.3%)
5	Water	300	0.09 (0.1%)
TOTAL EMISSIONS:			68.75 kg CO?

Emissions History (Last 6 Months)

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

Personalized Recommendations

- **Switch to LED bulbs:** Replace traditional bulbs with LED lights to reduce electricity consumption by up to 75%
- **Unplug devices:** Unplug chargers and appliances when not in use to prevent phantom energy consumption
- **Use natural light:** Open curtains and blinds during the day to reduce artificial lighting needs

***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.*