

Personal Carbon Footprint Report

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Department:

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Report Date:

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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

***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.*