Here are some assumptions that went into calculating your carbon footprint

Electricity:
- Electric bill - 11,698 kwh/year = average energy consumption / household[1]
- the U.S. average is 13.27 cents per kilowatt hour (kwh),[2] 0.62 kilogramCO2 / kwh[3]
- 11,698 kwh/year * 0.62 kgCO2/kwh = 7,252.76 kg CO2/year

Flights per year:
- Flights per year - average is 2.1 trips per American (if fly).[4]
- Assume 0.1304 kgCO2/km[5] for medium-term flights (DEFRA model).
- Domestic flights ~2.5-3 hr, 2200km * 0.1304 kgCO2/km * 2.1 trips = 602.448 kg CO2/yr

Transportation:
- Average American drives around 15,000 per year (assume this is all forms of ground transport)[6]
- Fuel efficiency on car - assume 30 mpg on road car now[7]
- 0.960 pounds = 0.435 kg CO2 per mile (driving) * 15,000 miles/year = 6,525.0 kg CO2 / year [8]
- 0.657 pounds = 0.298 kg of CO2 per mile - 50% public transport, 50% single auto * 15,000 miles/year = 4470.0 kg CO2 /year
- 0.354 pounds = 0.161 kg of CO2 per mile (public transportation) * 15,000 miles / year = 2,415.0 kg CO2 / year

Uber trips:
- (14 uber million trips / day * 0.50)[9] / 325 million people (USA) * 365 days / year = 7.86 rides/person in the USA (assumes 50% of all uber rides are in the USA).
- Average ride length = 6 miles/trip * 7.86 trips / person / year * 0.960 kgCo2/mile = 45.27 kg Co2/uber rider/year.[10]

Food choices / nutrition:[11]
- 1.7 US tons = 1,542.21406 kilograms of CO2/year - vegetarian.
- 2.5 US tons = 2,267.96185 kilograms of CO2/year - average.
- 3.3 US tons = 2,993.70964 kilograms of CO2/year - meat lover.

Amazon supply chain:
- 0.1289 kg CO2e per dollar (USD).[12]
- 3,300,000 boxes/day[13] * 365 days/year / 325,000,000 Americans = 3.70 boxes/American.
- 3.70 boxes/year * $47 / box = ~$173.90/year * 0.1289 kg / $1 USD= 22.41 kg CO2/year.

[1] Shrinkthatfootprint.com. http://shrinkthatfootprint.com/average-household-electricity-consumption
[2] Chooseenergy.com. https://www.chooseenergy.com/electricity-rates-by-state/
[3] Quora. https://www.quora.com/How-much-CO2-is-produced-per-KWH-of-electricity
[4] Airlines.org. http://airlines.org/wp-content/uploads/2016/04/2016Survey.pdf
[5] Environmental Change Institute https://www.eci.ox.ac.uk/research/energy/downloads/jardine09-carboninflights.pdf
[6] Reference.com. https://www.reference.com/vehicles/average-mileage-put-car-year-5c8f88fa02be73c8
[7] Wikipedia. https://en.wikipedia.org/wiki/Corporate_average_fuel_economy
[8] Tranistscreen.com http://blog.transitscreen.com/how-public-transit-can-and-must-help-reduce-carbon-pollution
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[11] Shrinkthatfootprint.com http://shrinkthatfootprint.com/food-carbon-footprint-diet
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[13] Quora. https://www.quora.com/How-many-boxes-does-Amazon-ship-every-day