

Personal Carbon Footprint Benchmark Activity

School Site: _____

Student Name: _____

Date: _____

The **Personal Carbon Footprint Benchmark Activity** is a tool you can use to measure and track your Carbon Footprint. The tool should be used to record what activities you do each day to determine how much carbon you emit. These daily activities are identified by the following categories:

- Agriculture/Farming/Outdoor Equipment
- Air Pollution
- Construction
- Deforestation
- Electricity
- Foods/Goods/Beverage
- Technology
- Transportation
- Waste/Garbage/Cluttering



BENCHMARKING

To set a benchmark you must first identify what daily activities you do that cause carbon emissions. This is called **Your Carbon Footprint**. **Your Carbon Handprint** is the result of all the activities you perform or do that cause carbon emissions. **NetZero** is Your Carbon Footprint minus Your Carbon Handprint. To complete this activity, complete the following two actions:

1. Refer to the Carbon Reduction Actions discussed in **Becoming Eco-friendly Stewards, Part 1** of the eModule.
2. Count all the things you will do each day that produce your Carbon Footprint in the **Number** column. **Note:** *The number should be a sum of all the activities you do that you know produces carbon emissions.*
3. Sum all the numbers you put in the **Numbers** column.
4. Enter the number in the **Totals** box.

WHAT DAILY ACTIVITIES ARE YOU DOING THAT CAUSE CARBON EMISSIONS?

Category	Carbon Emissions	Number
Agriculture/Farming/Outdoor Equipment	Using tractors or other farming equipment to harvest foods (e.g., fruits, vegetables) or to package livestock for meat products (e.g., pigs, cows, chicken, goats, sheep, etc.)	

Air Pollution	Burning wood, coal, oil, or other natural materials; cooking indoors and outdoors; smoking	
Construction	Building or making things (e.g., roads, houses, commercial buildings, bridges, or anything useful using things that emit carbon	
Deforestation	Cutting down trees, uprooting plants	
Electricity	Using lights, electronics, computers, game consoles, heating, air conditioning, washing or bathing with hot water, using anything that operates on electricity or fossil fuels	
Foods/Goods/Beverages	Producing or manufacturing packaged food products, beverages, bottling water, cooking on stovetop, baking in oven, barbeque on grills	
Technology	Using computers, game consoles, mobile devices, and other electronics or appliances (e.g., printer, scanner, microwave oven, paper shredder, etc.)	
Transportation	Using airplane, car, boat/ship, bus, motorcycle, train, rideshare*	
Waste/Garbage/Clutter	Using paper plates, cups, and utensils; Packaged boxes, containers, and other materials produced from manufacturing, littering indoors and outdoors, leaving things strewn around (e.g., toys, books, clothes, shoes, etc.)	

Total