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|  DH DECOs Carbon Footprint Questionnaire Are you an Eco-warrior? There is only one way to find out…  |
| Travel |
| 1. How often do you travel by plane? |
| [ ] Usually  | [ ] Often | [ ] Sometimes | [ ] Rarely | [ ] Never |
| 2. How many hours a week do you spend on the train for personal use including commuting? |
| [ ] 0 hours | [ ] <2 hours | [ ] 2-5 hours | [ ] 5-10 hours | [ ] >10 hours |
| 3. How often do you travel by car as a driver or a passenger? |
| [ ] Usually | [ ] Often | [ ] Sometimes | [ ] Rarely | [ ] Never |
| Tip: If you can’t avoid flying, one way of **making up for the emissions** caused is to offset them by donating money to sustainable projects |
| Diet |
| 4. How would you best describe your diet? |
| [ ] Meat every meal | [ ] Meat some meal | [ ] Meat very rarely | [ ] Vegetarian | [ ] Vegan |
| 5. How often do you buy locally produced food? |
| [ ] Usually | [ ] Often | [ ] Sometimes | [ ] Rarely | [ ] Never |
| 6. Of the food you buy how much is wasted and thrown away? |
| [ ] None  | [ ] 0% to 10% | [ ] 10% to 30% | [ ] 30%-50% | [ ] More than 50% |
| Tips: If you order takeout, **wash and reuse the plastic containers**that food comes in. |
| Home |
| 7. Do you turn off the lights when leaving a room? |
| [ ] Usually | [ ] Often | [ ] Sometimes | [ ] Rarely | [ ] Never |
| 8. Do you prefer to use the fan or the air-conditioner? |
| [ ] Fan | [ ] Air-conditioner |
| 9. Do you prefer showers or baths? |
| [ ] Showers | [ ] Baths |
| 10. Do you have a recycling bin? |
| [ ] Yes | [ ] No |
| Tip: You can recycle broken electronics and dry cell batteries! |
| Shopping |
| 11. Do you donate old clothes or throw them away? |
| [ ] Usually | [ ] Often | [ ] Sometimes | [ ] Rarely | [ ] Never |
| 12. How often do you bring a reusable bag to shops? |
| [ ] Usually | [ ] Often | [ ] Sometimes | [ ] Rarely | [ ] Never |
| 13. How often do you wear your clothes before discarding them? |
| [ ] Usually | [ ] Often | [ ] Sometimes | [ ] Rarely | [ ] Never |
| Tip: Skip the packaging to save plastic! |
| Find out your score by adding up the points for each individual box! |
| If question has 5 answer: Left box = 5 points, the one to the right = 4 points and so onIf question has 2 answers: Left box = 5 points, right box = 1 points |
| If your score is >45, congratulations! You are an eco-warrior! |

