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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 on  If question has 2 answers: Left box = 5 points, right box = 1 points | | | | | |
| If your score is >45, congratulations! You are an eco-warrior! | | | | | |

