

ECOLOGICAL FOOTPRINT

BRIANNA TAM

8.08 HECTARES



MY INITIAL FOOTPRINT (CALCULATED ON APRIL 16)

10 factors that contributed to my footprint included taking very long showers, mostly buying new clothing (though due to the pandemic I haven't bought any in a while), having too much garbage, spending over an hour on the computer (again, high due to quarantine), forgetting to turn the lights off when I left a room, eating a lot of chicken in a week, eating dairy, and throwing out a lot of the food on my plate due to larger portion sizes.

COMPARISON: HOW DID MY FOOTPRINT COMPARE TO OTHERS?

Emma: 8.75 **Colby:** 9.05
Ruby: 8.10 **Indah:** 8.02
Evan: 9.35



5 ACTIONS TO CHANGE



- Shower time
- Turning off lights
- Eating less meat
- Using less dairy products
- Meal portioning

HOW I CHANGED MY ACTIONS:

- I used a timer to make sure that my showers didn't exceed 6 minutes
- I turned off the lights every time I left a room
- I planned more meatless meals (4/7 meatless days a week)
- I drank almond milk instead of regular milk
- We portioned our meal sizes so I could finish all the food that was dished out to me



7.13 HECTARES

MY FOOTPRINT AS OF APRIL 30

