

Student footprint Survey

Water

In the next 24 hours, record how many times you flush the toilet. ____

Transportation

How do you usually get to school?

Energy

List all the home entertainment devices in your house. Record how many hours you personally use each on in the next 24 hours.

Device	Hours used
Mp3 player	
Stereo	
Radio	
Video game system	
DVD	
Computer	
Cell phone	
Television	
Other	
Total:	

Food

Record everything you eat at lunch.

How many servings of each food group did you eat? (example:
ham & cheese sandwich = 2 grain, 1 meat, 1 dairy)

- | | |
|--|--|
| <input type="checkbox"/> Meat Alternatives (beans, nuts, etc.) | <input type="checkbox"/> Grain Products |
| <input type="checkbox"/> Meat | <input type="checkbox"/> Fruits/Vegetables |
| <input type="checkbox"/> Dairy Products | |

Garbage

Many items in your lunch come in some sort of packaging. List these.

Now go through your lunch and fill in the chart below. List the items that you threw away (sandwich bag), recycled (juice bottle) or reused (paper bag).

	Threw Away	Recycled	Re-used
Plastic			
Glass			
Metal			
Paper			
Food			
Other			