

# **Your "eco-footprint" a snapshot measurement of your environmental impact**

**Ever wondered how much "nature" your lifestyle requires?**

## **The Ecological Footprint Quiz**

You can calculate your own eco-footprint by taking the **Earth Day Ecological Footprint Quiz** at <http://www.myfootprint.org/>

This Ecological Footprint Quiz estimates how much productive land and water you need to support what you use and what you discard.

After answering 15 easy questions you'll be able to compare your Ecological Footprint to what other people use and to what is available on this planet.

## **The Stop Global Warming calculator**

This calculator at <http://www.stopglobalwarming.org/carboncalculator.asp> shows you how much carbon dioxide you can prevent from being released into the atmosphere and how much money you can save by making some small changes in your daily life

It's our hope that the calculator will promote action, awareness and empowerment by showing you that one person can make a difference and help stop global warming.

**There are many simple things you can do in your daily life — what you eat, what you drive, how you build your home — that can have an effect on your immediate surrounding, and on places as far away as Antactica.**