

Carbon Footprint Calculation Worksheet

Personal Information

Name

Date

1. Home Energy Use

Energy Source	Quantity Used (per month)	Unit
Electricity	<input type="text"/>	kWh
Natural Gas	<input type="text"/>	therms
Heating Oil	<input type="text"/>	gallons
Other	<input type="text"/>	

2. Transportation

Mode	Distance Traveled (per week)	Unit
Gasoline Car	<input type="text"/>	miles
Diesel Car	<input type="text"/>	miles
Public Transit	<input type="text"/>	miles
Flights (annual)	<input type="text"/>	trips

3. Waste

Material	Amount (per week)	Unit
General Waste	<input type="text"/>	lbs
Recycling	<input type="text"/>	lbs
Compost	<input type="text"/>	lbs

4. Other Consumption

Item or Activity	Frequency/Amount	Unit
Meat Consumption	<input type="text"/>	meals/week
Clothing Purchases	<input type="text"/>	items/year
Other	<input type="text"/>	
Total Estimated Carbon Footprint	<input type="text"/>	kg CO ₂ e/year