

Carbon Footprint Calculation Worksheet

1. Household Energy Consumption

Energy Source	Amount Used (per month)	Unit	Emission Factor	CO2e Emitted
Electricity		kWh		
Natural Gas		therms		
Heating Oil		gallons		

2. Transportation

Vehicle Type	Miles Driven (per month)	Fuel Type	Fuel Efficiency (mpg/l/100km)	Emission Factor	CO2e Emitted

3. Flights

Trip Type	Number of Flights	Distance (one-way, miles)	Emission Factor	CO2e Emitted
Short haul				
Long haul				

4. Waste & Recycling

Material	Amount (per month)	Unit	Emission Factor	CO2e Emitted
Landfilled Waste		lbs/kg		
Recycled Materials		lbs/kg		

5. Food & Consumption Patterns

Diet Type	Frequency	Emission Factor	CO2e Emitted

Total Annual CO2e Emissions

Total CO2e Emitted		kg/year
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