

# MY FAMILY FOOTPRINT

Household Name: \_\_\_\_\_

Year: \_\_\_\_\_

Out of love and concern for: \_\_\_\_\_

Resource Used: Unit:	Gasoline Gallons	Electricity kWh	Natural Gas Therms	Water Gallons	Air Travel Miles flown
<b>US Average</b>					
Monthly, per person	<b>45</b>	<b>367</b>	<b>26</b>	<b>3,000</b>	<b>833</b>

January

February

March

April

May

June

July

August

September

October

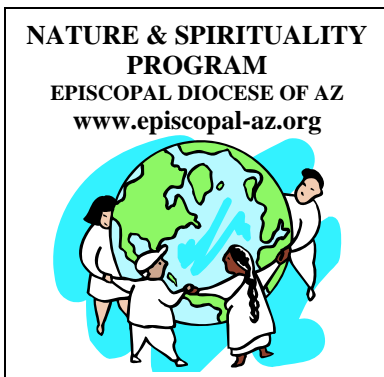
November

December

Annual Total

Household Average  
Monthly, per person

US Average					
Monthly, per person	<b>45</b>	<b>367</b>	<b>26</b>	<b>3,000</b>	<b>10,000</b>



*The conservation of natural resources is the fundamental problem.*

*Unless we solve that problem it will avail us little to solve all others.*

**Theodore Roosevelt**

## NOTES FOR “MY FAMILY FOOTPRINT”

1. This form is intended to help monitor and manage your ecological footprint related to greenhouse gas emissions and water use.
2. Write in the names of loved ones or beloved natural places that you hope to help.
3. Keep gas receipts, utility and airline mileage statements in a special folder for easy tracking.
4. The U.S. average statistics are per person. Divide total resource usage for a month by the number of people in your household to get a per person average to compare to U.S. average.
5. U.S. averages are very high relative to the rest of the world, so aim to be below those levels for all resources.
6. The two biggest users of a household’s energy are heating/cooling and refrigeration. Careful monitoring and investing in new, energy-efficient equipment are especially effective in these areas.
7. If you use heating oil, U.S. average is about 24 gallons per person per month.
8. For suggestions on energy and water efficiency see:  
<http://www.azdiocese.org/media/files/kingdomofgreen.pdf>
9. Sources of U.S. average statistics:  
Gasoline  
[www.eia.doe.gov/emeu/rtecs/nhts\\_survey/2001](http://www.eia.doe.gov/emeu/rtecs/nhts_survey/2001)  
Electricity  
[http://www.eia.doe.gov/emeu/reps/enduse/er01\\_us\\_tab1.html](http://www.eia.doe.gov/emeu/reps/enduse/er01_us_tab1.html)  
<http://carbonfund.org/site/pages/calculator/category/Assumptions/>  
Natural Gas, Airline Miles & Heating Oil  
<http://carbonfund.org/site/pages/calculator/category/Assumptions/>  
Water (check with your local water utility or municipality about averages for your area)  
<http://www.mde.state.md.us/assets/document/ResAudit.pdf>



*We praise You, Lord, for Sister Moon and the Stars,  
in the heavens you have made them bright, precious and fair.  
We praise you, Lord, for Brothers Wind and Air,  
fair and stormy, all weather’s moods,  
by which You cherish all that You have made.  
Francis of Assisi, *The Canticle of Brother Sun**