

## Assessing Sustainability and Setting Goals

Info from *Radical Simplicity* by Jim Merkel

**Goal Setting** - You decide what is your fair share. Enter your answers as decimals (e.g. 50% is .5).

1. *Interspecies equity* - What percentage of the Earth's productive space should human's use? a. \_\_\_\_\_
  2. *Interhuman equity* - How much do you wish to use compared to others? b. \_\_\_\_\_  
(1=same; .5=half; 2=twice as much)
  3. *Intergenerational equity* - At what rate do you wish to use your portion? c. \_\_\_\_\_  
(1=natural regeneration rate; <1= slower, leaving more for future generations;  
>1= faster, leaving less for future generations)
- Overall Equity Factor** (a x b x c) d. \_\_\_\_\_

4. *Population Ratio* - What world population are you willing to support? e. \_\_\_\_\_  
Choose the **ratio** that matches your world population goal for 2100 (current is 6 billion) and the reproduction rate you will support (number of children per family).

<b>Ratio</b>	<b>12</b>	<b>6</b>	<b>3</b>	<b>2</b>	<b>1.5</b>	<b>1.2</b>	<b>1</b>	<b>0.9</b>	<b>0.75</b>	<b>0.66</b>	<b>0.6</b>	<b>0.3</b>	<b>0.2</b>
<i>2100 pop. (billions)</i>	0.5	1	2	3	4	5	6	7	8	9	10	20	30
<i># children</i>	0.7	1	1.2	1.4	1.5	1.7	1.8	1.85	1.95	2	2.1	2.6	3

Your Sustainability Goal:

	Bioproductivity available per person in 2000	4.7 acres	
<i>multiply by:</i>	Overall Equity Factor (line d from above)	x _____	
<i>multiply by:</i>	Population Ratio (line e from above)	x _____	
	<b>Your Sustainability Goal</b>		acres/person

I would like to reach my goal in \_\_\_\_\_ years.

### Very Rough Footprint Estimate

Globally, footprints are closely tied to income.

<b>Income</b>	<b>Footprint</b>
\$100,000 and up	40 to 60 acres
\$50,000 to \$100,000	30 to 50 acres
\$30,000 to \$50,000	25 to 40 acres
\$30,000 and up (Europe and Japan)	15 acres and up
\$25,000 to \$30,000	20 to 30 acres
\$20,000 to \$25,000	18 to 22 acres
\$15,000 to \$20,000	14 to 20 acres
\$10,000 to \$15,000	12 to 18 acres
\$5,000 to \$10,000	5 to 15 acres
\$2,500 to \$5,000	3 to 13 acres
\$1,000 to \$2,500	2.5 to 6 acres
\$500 to \$1,000	2 to 5 acres
\$100 to \$500	1.5 to 4 acres

### Footprint Quiz Results

(from other side)

	Acres/person	
	<b>US Avg.</b>	<b>Yours</b>
Food	5.5	
Shelter	5.1	
Mobility:	4.3	
Public Transit	0.05	
Car	4	
Air Travel	0.3	
Goods & Services	8.6	
<b>Total</b>	<b>23.5</b>	

Your footprint is \_\_\_\_\_ % of an average US footprint.  
(Your footprint/24) x 100

\_\_\_\_\_ planets would be required to support everyone like this.  
(Your footprint/4.7)

\_\_\_\_\_ % footprint reduction will be required to reach your goal.  
(1 - (Your goal/Your footprint)) x 100

For more detailed assessments, see *Radical Simplicity* by Jim Merkel, or the Redefining Progress website: [redefiningprogress.org](http://redefiningprogress.org)

## Ecological Footprint Quiz - from Redefining Progress, see myfootprint.org

### Food Footprint

$$\text{acres} = 5.5 \times Q1 \times Q2$$

**Q1** How often do you eat animal-based foods?

Never (vegan)	0.46
Infrequently (no meat or eggs; dairy a few times/week)	0.59
Occasionally (no or occasional meat; eggs/dairy daily)	0.73
Often (meat once or twice a week)	0.86
Very often (meat daily)	1
Almost always (meat and egg/dairy in almost all meals)	1.14

**Q2** How much of your food is processed, packaged, and from >200 miles away?

Most	1.10
Three quarters	1
Half	0.9
One quarter	0.79
Very little	0.69

### Shelter Footprint

$$\text{acres} = 5.1 \times (2.6/Q3) \times Q4 \times Q5 \times Q6$$

**Q3** How many people live in your household?

**Q4** What is the area of your household?

2,500 square feet or larger	2.9
1,900 - 2,500 square feet	2.2
1,500 - 1,900 square feet	1.7
1,000 - 1,500 square feet	1.2
500 - 1,000 square feet	0.7
500 square feet or smaller	0.2

**Q5** Which housing type is your home?

Free standing house	1
Multi-story apartment building	0.8
Green design residence	0.5

**Q6** Do you use energy efficiency and conservation throughout your home?

No	1	Yes	0.75
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### Mobility Footprint

$$\text{acres} = \text{Public Transport} + \text{Car} + \text{Air Travel footprints}$$

**Q7** How far do you travel on public transportation each week?

200 miles or more	17.3
75 - 200 miles	8.47
25 - 75 miles	3.09
1 - 25 miles	0.89
0 miles	0

**Q8** How far do you travel by car each week? (If 0, car footprint is 0, skip Q9 and Q10)

400 miles or more	1.91
300 - 400 miles	1.43
200 - 300 miles	1
100 - 200 miles	0.55
10 - 100 miles	0.12
0 - 10 miles	0

**Q9** What is your car's fuel efficiency?

More than 50 miles per gallon	0.31
35 - 50 miles per gallon	0.46
25 - 35 miles per gallon	0.65
15 - 25 miles per gallon	0.98
Fewer than 15 miles per gallon	1.54

**Q10** How often do you drive alone?

Almost always	1.5
Very often (about 75%)	1
Often (about 50%)	0.75
Occasionally (about 25%)	0.6
Almost never	0.5

**Q11** How many hours per year do you fly?

100 hours	20
25 hours	5
10	2
3	0.6
Never fly	0

### Goods & Services Footprint

$$\text{acres} = 0.9 \times (\text{Shelter} + \text{Mobility}) \times Q12$$

**Q12** Compared to your neighbors, how much waste do you generate?

Much less	0.75
About the same	1
Much more	1.25

**Public Transport Footprint** \_\_\_\_\_ acres = 0.05 x Q7

**Car Footprint** \_\_\_\_\_ acres = 4 x Q8 x Q9 x Q10

**Air Travel Footprint** \_\_\_\_\_ acres = 0.3 x Q11