



How **Green** are YOU?

Take the **ECO-Friendly Green** Test

Choose only one answer from each of the 8 questions below:

1) Do you recycle?

- a. No
- b. When possible (my residence does not have a recycling program)
- c. Only what is accepted in my residential curbside recycling program
- d. I recycle everything that is possible – I even take items that are not accepted in my residential curbside recycling program to the appropriate “drop-off” recycling facility.

2) When I shop...

- a. I choose plastic bags at the grocery check-out and retail stores
- b. I choose paper bags at the grocery check-out
- c. I bring my own re-usable bags
- d. I always bring my own re-usable bags that are made from recycled #1 plastic bottles and they are made in the U.S.A.

3) In the summer, I keep my thermostat at...

- a. 72° or below
- b. Between 73° and 77°
- c. Between 78° and 80° ...and higher when I'm not at home
- d. Between 81° and 84° ...and 85° when I'm not at home

4) The light bulbs in my house are...

- a. All incandescent
- b. I started replacing my incandescent light bulbs to fluorescent
- c. Mostly fluorescent
- d. All fluorescent

5) When I shop for groceries...

- a. I never pay attention to what is organically grown or produced locally
- b. I sometimes purchase organic
- c. I mostly purchase organic
- d. I only purchase organic (unless it is unavailable) and I choose locally produced goods

6) My Vehicle gets on average...

- a. Less than 15 miles to the gallon
- b. Between 16 and 23 miles to the gallon
- c. Between 24 and 29 miles to the gallon
- d. Greater than 30 miles to the gallon

7) When I travel to work or to run errands...

- a. I never carpool, walk, ride a bike, or take the bus
- b. I carpool, walk, ride a bike, take the bus or telecommute at least once per week
- c. I carpool, walk, ride a bike, take the bus, or telecommute more than one day per week
- d. I use my car 1 day a week or less

8) When I conduct business or purchase products...

- a. I never choose who I do business based on the organization's environmental report card or how "green" they may be
- b. I do consider a business's environmental report card or how "green" they are and sometimes choose not use them based on that information
- c. I mostly do business with organizations that have demonstrated they have made every possible "green" effort for our planet's health
- d. I don't do business with organizations that have no regard for environmental concerns. I Support businesses that are environmentally conscientious.

“Green” Test Calculations

Add up all of your letters using the following formula:

a = 0 points

b = 10 points

c = 20 points

d = 40 points

Your score:

0 to 70 points	Color: Blah You need to seriously consider donating money to your local non-profit environmental organization(s) to help offset your carbon footprint.
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80 to 150 points	Color: Light Green You are starting to become an environmentally conscientious individual. Try volunteering at your local non-profit environmental organization(s) or recycling center to help darken your shade of green.
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160 to 200 points	Color: Green Congratulations! You are definitely “green”. With a little more effort, you could be greener.
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More than 200 points	Color: Dark Green You are dark green baby! Mother Earth says, “thank you” !!!
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The ECO-Friendly “Green” Test was created by Gina D’Abella, Executive Director of Environmental Concerns Organization, Inc. a 501(c)(3) non-profit corporation.