



How to calculate your carbon footprint

What to do

- Use the table below to calculate your carbon emissions for one year by using the resource cards to complete the missing values in the green column.
- Follow the example provided to calculate your carbon footprint for one year.

Activity	Amount of carbon emitted per activity (g)	Total usage on average per day?	Total amount of carbon emitted per day (g)
Example Watching television per hour	170	3 hours	$170 \times 3 = 510$
Watching television per hour			
One lightbulb lighting a room per hour			
Using a computer / laptop per hour			
Streaming music per hour			
Gaming per hour			
Taking a 5 minute shower			
Using a hairdryer for 10 minutes			
Travelling by car for 1 mile			
Boiling a kettle once			
Toasting 2 slices of bread			
Using a microwave for 1 minute			
Washing the dishes			
Washing clothes			
Running a fridge freezer for an hour			
Total amount of carbon emitted per day (g)			g
Convert grams (g) to kilograms (kg) by dividing your total by 1000			kg
Multiplied by 365 days to calculate your total average carbon footprint for 1 year			kg



Now you have calculated your average carbon footprint,
what steps could you take to reduce it?

**Learning in, learning about, and learning for the natural environment.
Looking for more learning resources, information and data?**

Visit <https://naturalresources.wales/learning>

Alternative format; large print or another language, please contact:
enquiries@naturalresourceswales.gov.uk, 0300 065 3000

