

# Your carbon footprint after selecting actions to reduce your emissions

## Simulation 2

Your initial footprint was

**29,5**

CO2 impact

Economic impact

Health impact

Your new footprint is

**16,3**

**-45%**

**-889,37**

**4**

**0**

tonnes eq.CO2/ year

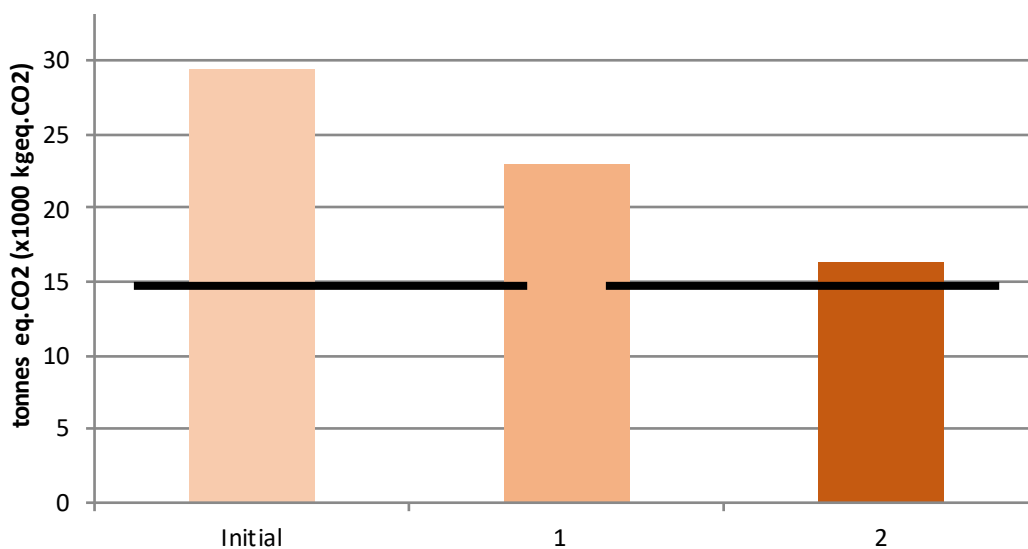
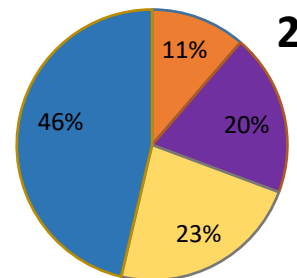
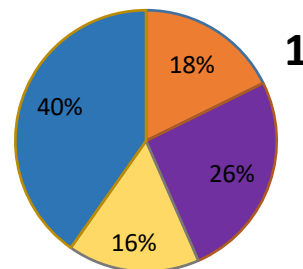
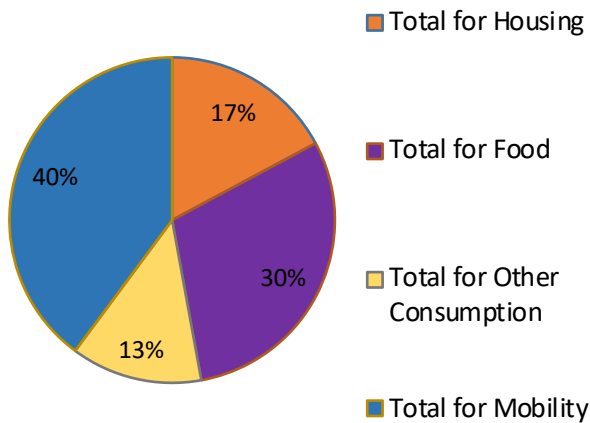
of your emissions

€ per month

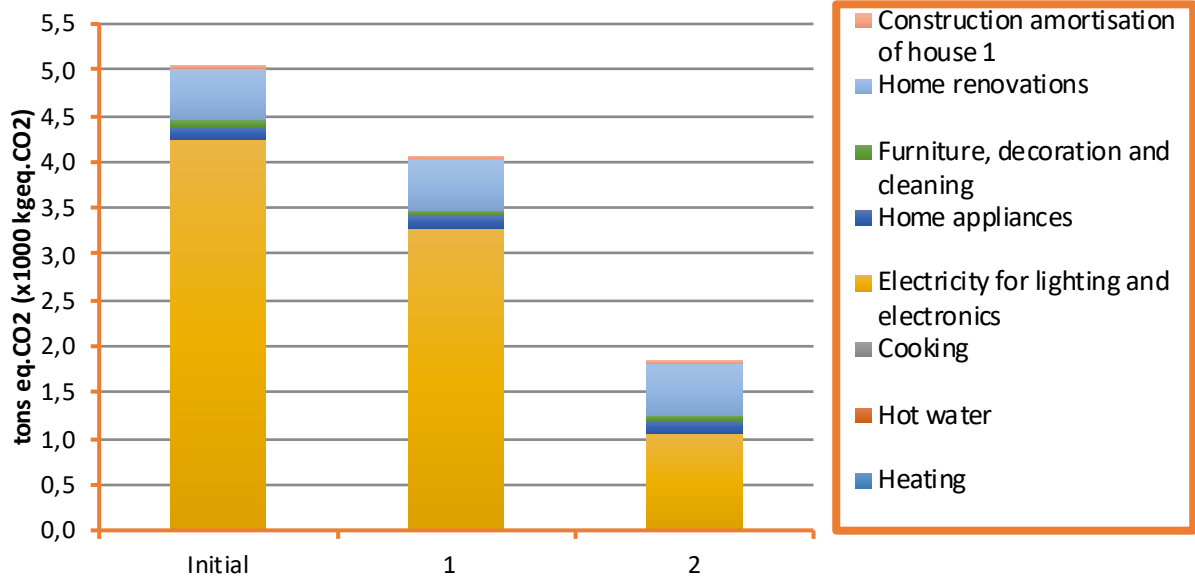
actions improving your health

actions deteriorating your health

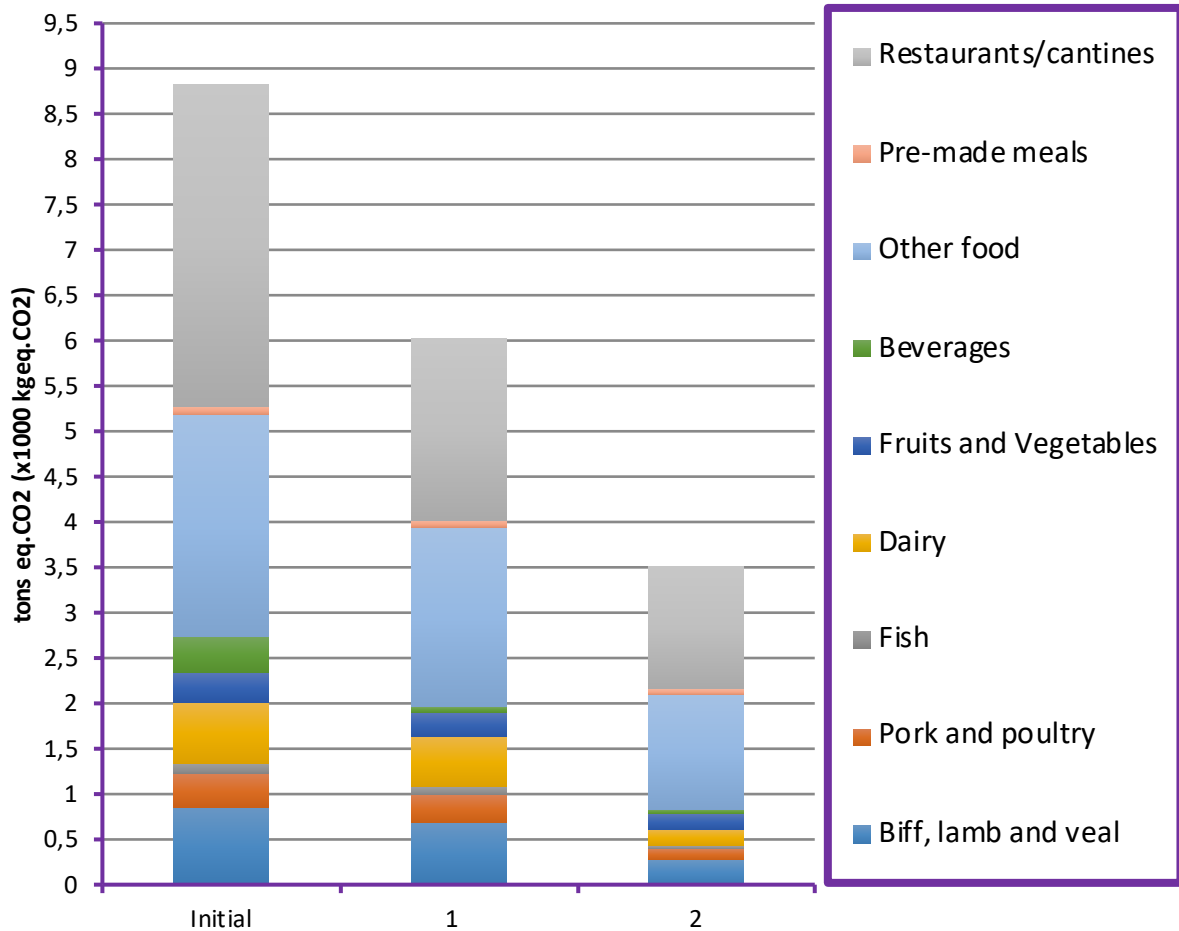
### Initial



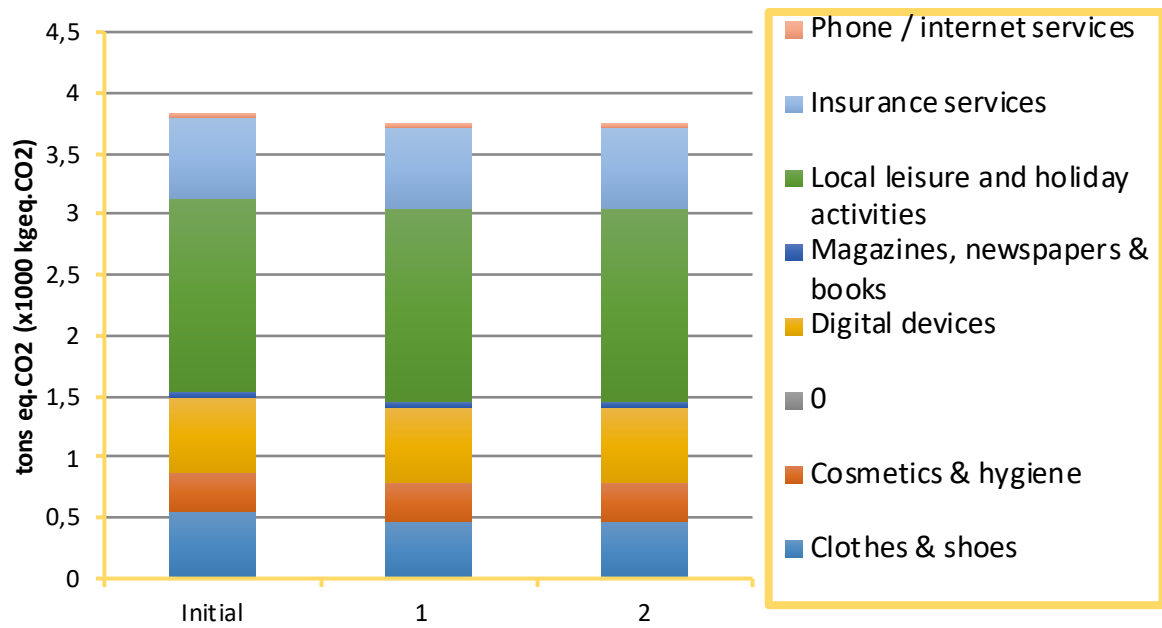
## Details about your house



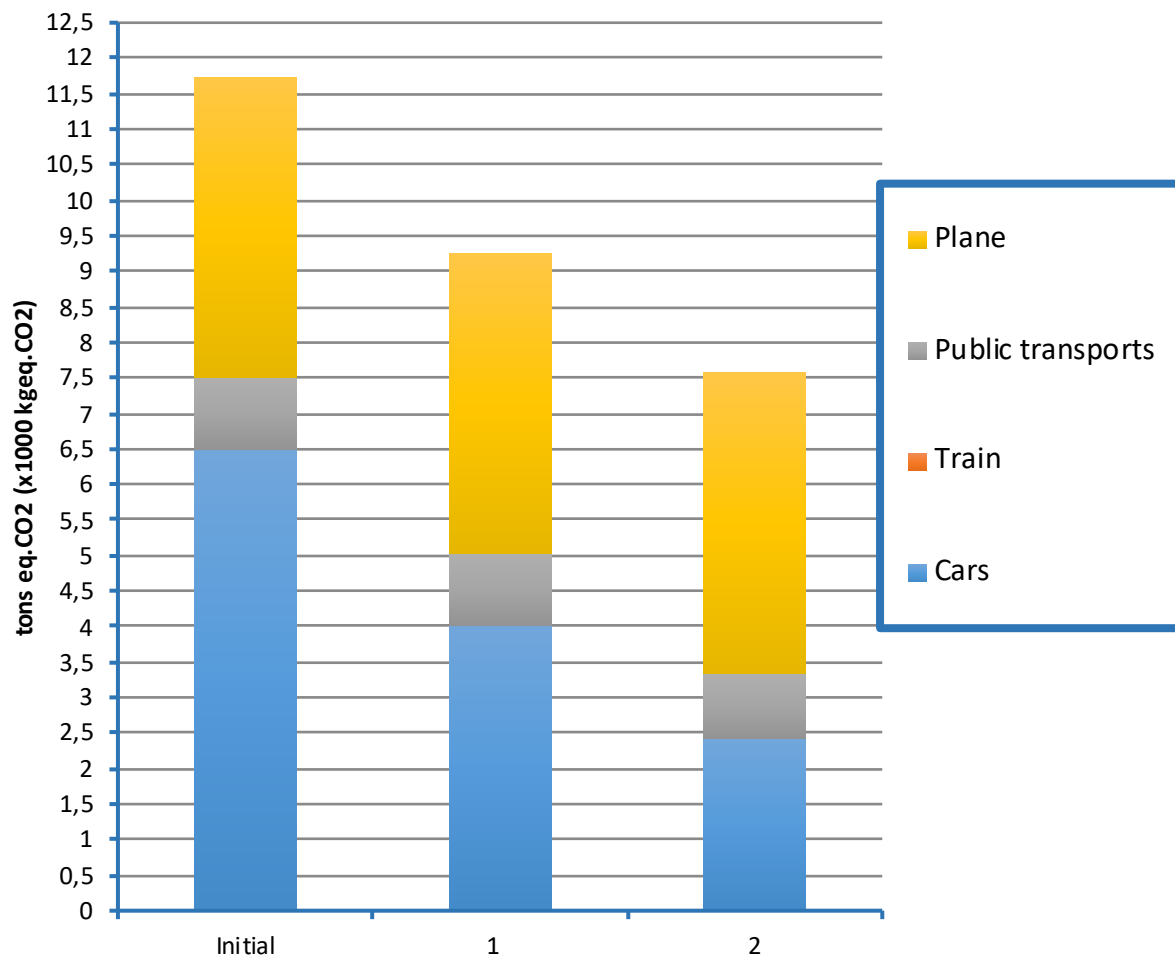
## Details about your food



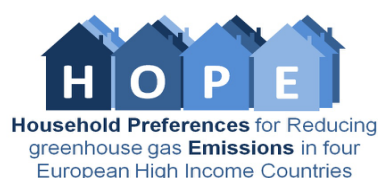
## Details about your other consumptions



## Details about your mobility



# What are you ready to do ?



Fill in with numbers the 3 columns according to the interviewee's choice. Likert scale column (1-very willing - to 5-not willing-). -1 if the action is not applicable; Put a "x" in the already done column if the interviewee already does an action. Simulation 1 & 2 (0 to 30). Please check before starting that every cell is equal to 0.

|       |  | Choices of the household |               |              |              |
|-------|--|--------------------------|---------------|--------------|--------------|
|       |  | Round 1                  | Round 2       | Round 3      |              |
|       | Detailed label   | Likert scale             | Already done? | Simulation 1 | Simulation 2 |
| H.1.1 | Insulate your roof/attic   | 2                        |               | 15           | 15           |
| H.1.2 | Insulate your walls  | 4                        |               | 0            | 0            |
| H.1.3 | Improve your windows (increase the glazing of your windows)                          | 5                        |               | 0            | 0            |
| H.2.1 | Install an hourly thermostats  | 0                        |               | 0            | 0            |
| H.2.2 | Lower inhouse temperature by 1°C   | 3                        |               | 11           | 11           |
| H.2.3 | Lower indoor temperature by 3°C  | 5                        |               | 0            | 0            |
| H.3.1 | Shift to energy efficient heat pump (air/water, geothermal, water/water)             | 2                        |               | 7            | 7            |
| H.3.2 | Shift to natural gas or biogas   | 5                        |               | 0            | 0            |
| H.3.3 | Shift to thermal solar collector for hot water                                       | 3                        |               | 0            | 21           |
| H.3.4 | Shift to thermal solar collector for heating and hot water                           | 3                        |               | 0            | 0            |
| H.3.5 | Shift to wood/ pellet boiler as main heating source                                  | 3                        |               | 0            | 0            |
| H.3.6 | Shift to district heating  | 0                        |               | 0            | 0            |
| H.3.7 | Improve your heating system  | 5                        |               | 0            | 0            |
| H.4.1 | Produce your own electricity (photovoltaic or wind mill system)                      | 4                        |               | 0            | 25           |
| H.4.2 | Shift to a green electricity provider  | 3                        |               | 0            | 23           |
| H.5.1 | Use fewer devices and maintain them better (ecoprograms, defrost, full load, repair) | 1                        |               | 0            | 0            |
| H.5.2 | Upgrade all of your home appliances to A +++   | 1                        |               | 8            | 8            |

|       |  |   |  |    |    |
|-------|--|---|--|----|----|
| H.5.3 | Give up some of your appliances or share them with others (e.g. clothes drier, washing machine)  | 4 |  | 0  | 24 |
| H.6.1 | Collective living: share your house with others  | 1 |  | 0  | 0  |
| H.6.2 | Use more public transportation as a result of moving to the city center  | 5 |  | 0  | 0  |
| H.6.3 | Move to a low energy house (e.g. passive house)  | 2 |  | 0  | 0  |
| H.6.4 | Move to a smaller house/apartment  | 3 |  | 0  | 0  |
| F.1.1 | Buy mainly fresh products, and give up deep-frozen and canned produce  | 2 |  | 4  | 4  |
| F.1.2 | Buy at least 30% more locally produced food (avoid produce from green houses)  | 2 |  | 5  | 0  |
| F.1.3 | Buy at least 60% more locally produced food (avoid produce from green houses)  | 4 |  | 0  | 5  |
| F.1.4 | Buy at least 30% more organic food products (eco labeled)  | 3 |  | 0  | 22 |
| F.1.5 | Buy at least 60% more organic food products (eco labeled)  | 5 |  | 0  | 0  |
| F.2.1 | Eat 30% more vegetarian food (eat less meat and fish)  | 1 |  | 0  | 0  |
| F.2.2 | Eat 60% more vegetarian food (eat less meat and fish)  | 4 |  | 0  | 18 |
| F.2.3 | Become a vegetarian (stop eating meat and fish)  | 5 |  | 0  | 0  |
| F.3.1 | Gradually give up ready-made meals (e.g. frozen pizza, canned soups, frozen lasagna)   | 1 |  | 0  | 0  |
| F.3.2 | Eat more eco-friendly food in restaurants and canteens (e.g. vegetarian, organic, local)   | 1 |  | 3  | 3  |
| F.3.3 | Produce your own food (e.g. pick berries for jam, bake your own bread, grow your own vegetables)                                       | 3 |  | 0  | 19 |
| F.4.1 | Recycle 30% more of your waste   | 0 |  | 0  | 0  |
| F.4.2 | Buy products with less or greener packaging (e.g.: Choose recyclable cardboard over plastic packaging, reusable glass over plastic...) | 1 |  | 2  | 2  |
| F.4.3 | Stop buying plastic and canned beverages   | 2 |  | 9  | 9  |
| F.4.4 | Compost or recycle organic waste   | 3 |  | 0  | 20 |
| M.1.1 | Shift significantly (more than 30%) from car to public transport (bus, tramway, metro, train)  | 4 |  | 0  | 17 |
| M.1.2 | Shift to non motorized modes of transport (walk, bike...) instead of public transport  | 4 |  | 0  | 0  |
| M.1.3 | Use carpooling /car sharing for at least 30% of your current car mobility  | 1 |  | 1  | 1  |
| M.2.1 | Eco-driving (e.g.: lowering speed, softening breaking, stopping  | 2 |  | 14 | 14 |

|       |  |   |  |    |    |
|-------|--|---|--|----|----|
| M.2.2 | Decrease your travels with cars, public transports and other motorized vehicles by 30%   | 4 |  | 0  | 16 |
| M.2.3 | Give up your car(s) and other motorized vehicle(s)   | 5 |  | 0  | 0  |
| M.3.1 | Change to a smaller car (new or second hand)   | 2 |  | 0  | 0  |
| M.3.2 | Change to a more eco-friendly car (hybrid, biogas, bioethanol, or electric)  | 2 |  | 0  | 0  |
| M.3.3 | Change to a smaller AND more eco-friendly car  | 2 |  | 6  | 6  |
| M.4.1 | Reduce your domestic and inter-European flights by 50% (substitute with train, boat, or car)   | 3 |  | 0  | 0  |
| M.4.2 | Reduce your domestic and inter-European flights by 90% (substitute with train, boat, or car)   | 5 |  | 0  | 0  |
| M.4.3 | Reduce your inter-continental flights by 50% (i.e. instead of taking a trip every year take it every other year)   | 2 |  | 0  | 0  |
| M.4.4 | Reduce your inter-continental flights by 90%   | 5 |  | 0  | 0  |
| C.1.1 | Buy 30% fewer clothes (repair, wait until damaged before changing)   | 5 |  | 0  | 0  |
| C.1.2 | Buy 30% of your clothes second hand  | 3 |  | 0  | 0  |
| C.1.3 | Buy 30% more ecological clothing (eco- and organic labelled)   | 2 |  | 13 | 13 |
| C.2.1 | Buy 30% less cosmetic products (or create them yourself)   | 5 |  | 0  | 0  |
| C.2.2 | Buy 30% more ecological cosmetics (eco- and organic labeled)   | 4 |  | 0  | 0  |
| C.2.3 | Give up as far as possible (simple basic products for cleaning reasons) OR Reduce your cosmetic and hygiene product consumption to the maximum (buy only basic hygiene products) | 5 |  | 0  | 0  |
| C.3.1 | Limit your use of internet (energy of servers, datacenters)  | 3 |  | 0  | 0  |
| C.3.2 | Buy 30% fewer digital devices (give up or buy less)  | 5 |  | 0  | 0  |
| C.3.3 | Buy more energy efficient devices  | 1 |  | 12 | 12 |
| C.4.1 | Buy 30% less furniture and reduce renovation of your building by 50%   | 5 |  | 0  | 0  |
| C.4.2 | Buy 30% more second hand furniture or build 30% of furniture yourself  | 2 |  | 10 | 10 |
| C.4.3 | Buy 30% more eco-friendly furniture (eco- and organic labeled)   | 4 |  | 0  | 0  |
| C.5.1 | Reduce your local leisure (cinema, theater, concerts) by 30%   | 5 |  | 0  | 0  |
| C.5.2 | Choose 30% more eco-labeled holidays (eco-labeled hotels, green transport, low emission services)  | 2 |  | 0  | 0  |
| C.5.3 | Reduce your holidays activities by 30%   | 2 |  | 0  | 0  |

Number of actions chosen

15

25

Control : number of missing numbers

0

0