

My name: Meryem
 Where I am from: Austria
 Age: 15

My picture:

A normal day

	Activity/Good/Product	Points
Mobility	Drive a car : 14.7km - 4 person Walk : 3 km	6
Electricity	Using elevator 2 times, Kettle 2 times, Laptop 10 h, Web search 5, Tv 2h , Annual electricity consumption 4500 kWh	7,2
Heating	Oil central heating 1000l 3 person	55
Consumer choices	T- shirt 1 piece- 5 months, Jeans 1 piece- 3 months , Leather shoes 1 piece 6 4 months, Toilette paper 3 days, Tetrapak 1 , Single use cup 3 pieces, Doing the dishes in the Dish-Washer , Single use plate 3 pieces, Kitchen roll 2 pieces, Mobile phone 2 years, Shampoo and shower 2 times	40.6
Leisure	reading a book, chatting	6
Food	Fruit juice 250ml, Tap water 1000ml , cup of coffee 1 cup, Beef 300g, pasta 200 g, Ice cream 2 scoop , Strawberry 100g, bananas 150g, cucumber 150g ,avocado 100g, Yoghurt 250g , Milk 250ml	360,3
Public consumption	Public consumption In Austria	31
Sum		620,9

A better day

	Activity/Good/Product	Points
Mobility	Ride a bicycle Walk	
Electricity	Web search 3, Laptop 5h, Kettle 1 time, using elevator 1 time, Annual electricity consumption 4500kWh	5
Heating	Oil central heating 1000l 3 person	55
Consumer choices	Leather shoes 1 piece – 12 months, T-shirt, Jeans 1 piece- 12 months, Toilette paper 2 days ,Tetrapak 1, Single use cup 2 pieces, Doing the dishes in the Dish-Washer, Single use plate 2 pieces, Kitchen roll 1 piece, Mobile phone 3 years, Shampoo and shower 1 time	26,1
Leisure	Hiking, reading a book, chatting, gardening, enjoying the evening sun, flying a kite	6
Food	Mineral Water chilled - 1l, Tea 1 cup , fish 250g , carrots 300g, lettuce 250g , tomatoes 150g , cucumber 200g , grains 250g , cereals 250g , yoghurt 200g, milk 200ml, eggs 2 pieces, bananas 100g, grapes 200g, strawberry 250g	64,4
Public consumption	Public consumption In Austria	31
Sum		187,5