Erasmus+

Let's get active

My name: Cristian Colangelo

Where I am from: Italy

Age: 16

My picture:

A normal day

	Activity/Good/Product	Points
Mobility	train= 4 bus= 4 car= 5	13
Electricity	Food steamer=1 kettle=0,6 tv= 3 laptop= 1 electricity=5 battery=2	12,6
Heating	heating=3	3
Consumer choices	jeans=0,6 t-shirt=0,2 jacket=0,4 hoody= 0,1 kitchen roll= 5 toilet paper= 4 bag=0,7 paper=0,5 mobile phone= 1 pc=0,7 detergent= 2 shower= 3 drying hands= 3 web search=0,6	21,8
Leisure	reading a book=0	0
Food	bread=4 Tap water= 0 pasta=1 pesto=3 olive oil= 0,5 apple=0,3 carrots=0,4 cheese=9 fish= 19 Chicken= 13 lettuce=8 cereales=3	61,2
Sum		111,6

A better day

	Activity/Good/Product	Points
Mobility	train= 9 walk=0	9
Electricity	Food steamer=1 kettle=0,6 laptop= 3 electricity=4 battery=0,3	8,9
Heating	heating=3	3
Consumer choices	jeans=0,6 t-shirt=0,2 jacket=0,4 hoody= 0,1 kitchen roll= 4 toilet paper= 1 bag=0,7 paper=0,5 mobile phone= 1 pc=0,7 detergent= 2 shower= 3 drying hands= 3 web search=0,6	17,1
Leisure	reading a book=0	0
Food	bread=2 Tap water= 0 pasta=1 olive oil= 0,5 apple=0,3 carrots=0,3 cheese=7 fish= 12 Chicken= 13 lettuce=0,3 cereales=3 yogurt=2	41,4
Sum		76,4

P5 – My ecological footprint

A better day the 100 way.