

My name: Maria Rita Silva  
 Where I am from: Portugal  
 Age: 15

My picture:



**A normal day**

	Activity/Good/Product	Points
<b>Mobility</b>	Drive a car	33
<b>Electricity</b>	Kettle, TV, Hi-Fi system, Elevator, Laptop, Annual electricity consumption, Computer	8
<b>Heating</b>	Heat from a district-heating network	33
<b>Consumer choices</b>	Jeans, T-shirt, Hoodie, Toilet paper, Kitchen roll, Single-use plate, Single-use cup, PC with monitor, Paper, Mobile phone, Laundry, Laundry detergent, Shampoo and shower, Drying hands	203.1
<b>Leisure</b>	Sports bag, Overnight stay in a hotel, Buy a book	199.2
<b>Food</b>	Fruit juice, Cup of coffee, Tea, Bread, Chicken, Fish, Pork, Beef, Pasta, Chocolate dark and milk, Cookie, Olive oil, Egg, Carrots, Sweet pepper, Tomatoes, Strawberry, Banana, Rice, Cereals, Cheese, Yoghurt, Butter, Light Milk	155.2
<b>Public consumption</b>	Public consumption in Portugal	29
<b>Sum</b>		660.5

**A better day**

	Activity/Good/Product	Points
<b>Mobility</b>	Instead of drive a car, I could walk	0
<b>Electricity</b>	I can reduce the use of the Computer, the TV and the laptop. Instead of using the elevator, I can use the stairs.	6.8
<b>Heating</b>	Instead of the heat from a district-heating network, I can replace it with a gas central.	27
<b>Consumer choices</b>	I can reduce the use of paper. Furthermore, I can reduce the use of the laundry machine.	145.1
<b>Leisure</b>	Instead of overnight stay in a hotel, I can overnight stay in a caravan.	89.2
<b>Food</b>	I can reduce the consumption of meat, replacing it with different things, like more vegetables.	93.9
<b>Public consumption</b>	Public consumption in Portugal	29
<b>Sum</b>		391