



My name: Maria João Sousa e Santos
 Where I am from: Portugal
 Age: 15

My picture:



A normal day

	Activity/Good/Product	Points
Mobility	I go to school by bus (7km) My family used to drive a car with 4 passengers (Diesel) (4km)	5+2
Electricity	TV 5 operating hours; Wi-Fi for 4 persons; Laptop 8 opening hours; 8500 kWh of annual electricity consumption; battery of type Single use alkaline	0,9+1+0,5+5+5
Heating	Heating with hard wood	0,8
Consumer choices	1 pair of flip-flops, 3 pieces of jeans, 4 shorts, 15 T-shirts, 4 jackets, 2 hoodies, 2 pieces paper towels, toilet paper used in 1 day, doing the dishes in dishwasher, 4 smartphones in my house, owning a computer notebook used for 5 years, 5 wash cycles per week, 2 machines laundry, 1 times having a shower	0,6+2+0,1+1+2+0,2+10+1+7+4+0,9+5+1+4+4
Leisure	3 sports bag with a life span of 3 years Reading a book, gardening, playing cards Buy a book	1+6
Food	50g bread; 100g chicken; 100g salmon from Aquaculture; 50g de carne pork; 100g de beef; 150g pasta; 1 bag of chips; 10g dark chocolate; 10g cookies; 80g potatoes; 100g grapes; 100g bananas; 150g rice; 100g de cereals; 50g de salt; 50g sugar; 350g de yogurt; 1 small portion Creamery butter	0,6+7+6+6+29+1+1+0,3+0,2+0,1+0,5+0,6+6+2+0,2+0,4+7+6
Public consumption		
Sum		184,9

A better day

	Activity/Good/Product	Points
Mobility	I go to school by bus (7km) My family used to drive a car with 4 passengers (Diesel) (4km)	5+2
Electricity	TV 2 operating hours; Wi-Fi for 4 persons; Laptop 4 opening hours; 8000 kWh of annual electricity consumption; battery of type Single use alkaline	0,4+1+0,2+4+5
Heating	Heating with hard wood	0,8
Consumer choices	1 pair of flip-flops, 3 pieces of jeans, 4 shorts, 10 T-shirts, 4 jackets, 2 hoodies, 2 pieces paper towels, toilet paper used in 1 day, doing the dishes in dishwasher, 4 smartphones in my house, owning a computer notebook used for 8 years, 2 wash cycles per week, 2 machines laundry, 1 times having a shower	0,6+2+0,1+0,8+2+0,2+10+1+7+4+0,5+20+4+4
Leisure	3 sports bag with a life span of 3 years Reading a book, gardening, playing cards Buy a book	1+6
Food	50g bread; 100g chicken; 100g salmon from Aquaculture; 50g de carne pork; 100g de beef; 150g pasta; 0 bag of chips; 10g dark chocolate; 10g cookies; 80g potatoes; 100g grapes; 100g bananas; 150g rice; 100g de cereals; 50g de salt; 50g sugar; 240g de yogurt; 1 small portion Creamery butter	0,6+7+6+6+29+1+0,3+0,2+0,1+0,5+0,6+6+2+0,2+0,4+5+6
Public consumption		
Sum		152,5