Let's get active

My name: Veronica Nuovo

My picture:

Where I am from: Milan, Italy

Age: 15

A normal day　　　**A better day**

A normal day

	Activity/Good/Product	Points
Mobility	-10 km ride by Coach; -7 km of walking with the dog; -10 km ride with fiat Lancia musa and 2 persons.	5 0 8
Electricity	-1/2 hour watching TV in the electric grid of European powermix -Use of laptop (online classes) with 5 operating hours per day in the grid of European powermix; -Daily points for 1117 kWh annual electricity consumption and 2 persons and CO2 emission of [CO2kWh] g per kWh.	1 2 1.5
Heating	-Daily amount of points with an annual gas-consumption of 580 m3 and 2 persons;	23
Consumer choices	-1 pcs Jeans Patagonia Organic per day with an average use of 24 months; -1 pieces Femal T-shirt (from asia) per day at average period of use of 24 months; -1 pieces Polyester 60% Recycling per day with period of use of 24 months; -1 pieces paper towels, 100% Cellulose FSC; -1 times having a shower; -Drying laundry on the line; -Daily value of a smartphone if used 4 years; -2 machines laundry per week whitout softener and with washing line, washed and ironed;	0,5 0,1 0,2 5 3 0 0,7 20
Leisure	-Daily value for sport bag with a life span of 10 years; -Result for hike; -gardening - as long as you want; -7 self-plucked flowers from the open field; -One pair Conventional skis with period of use of 48 months;	0,1 0 0 0 0,4
Food	-1000 ml water; 200g bio-tofu; 80 g rice; Apple; Cucumber; Pepper; Salad; 30 g Dark chocolate; 400 g carrots; 1 Cup/s Herbal tea; 4 scoops ice-cream.	Tot: 11,3
Public consumption		
Sum		81,8

A better day

	Activity/Good/Product	Points
Mobility	-10 km ride by Coach; -7 km of walking with the dog; **-Ride 10 km by bicycle.**	5 0 **0**
Electricity	-1/2 hour watching TV in the electric grid of European powermix -Use of laptop with 5 operating hours per day in the grid of European powermix; **-Daily points for 500 kWh annual electricity consumption and 2 persons and CO2 emission of [CO2kWh] g per kW.**	1 2 **0,6**
Heating	**-Dayly amount at an annual consumption of 1500 kg wooden pellets.**	**4**
Consumer choices	-1 pcs Jeans Patagonia Organic per day with an average use of 24 months; -1 pieces Femal T-shirt (from asia) per day at average period of use of 24 months; -1 pieces Polyester 60% Recycling per day with period of use of 24 months; **-1 pieces paper towels, 100% recycled;** -1 times having a shower; -Drying laundry on the line; -Daily value of a smartphone if used 4 years; -2 machines laundry per week whitout softener and with washing line, washed and ironed;	0,5 0,1 0,2 **3** 3 0 0,7 20
Leisure	-Daily value for sport bag with a life span of 10 years; -Result for hike; -gardening - as long as you want; -7 self-plucked flowers from the open field; -One pair Conventional skis with period of use of 48 months;	0,1 0 0 0 0,4
Food	-1000 ml water; 200g bio-tofu; 80 g rice; Apple; Cucumber; Pepper; Salad; 400 g carrots; 1 Cup/s Herbal tea; 4 scoops ice-cream.	**Tot: 10,4**
Public consumption		
Sum		51

P5 – My ecological footprint

A better day the **100** way.