

In the last two weeks which best describes you?

		Never	Less than 5 times	More than 5 times
Transport	Travelled by car			
	Travelled by public transport			
	Travelled by Plane			
	Travelled by Train			
	Travelled by Bicycle			
	Walked rather than used transport			

		Never	Less than 5 times	More than 5 times
Shopping	Shopped at a large supermarket			
	Shopped at a local specialist shop (butcher/bakers etc.)			
	Bought Organic food			
	Use your own shopping bags			
	Bought a shopping bag from the supermarket			
	Bought environmentally friendly cleaning products			

		Never	Less than 5 times	More than 5 times
Home	Turned the thermostat up higher than normal			
	Boiled only the amount of water I need in the kettle			
	Switched off lights in a room as I left.			
	Left an electrical item on standby			
	Given unwanted items to a charity shop			
	Bought from a charity shop			
	Sold unwanted items			

		Petrol	Diesel	Electric/Hybrid
Car	If you have a car what fuel does it use?			
	If you were to buy a car tomorrow, what fuel type would you buy?			
	How many cars does your family own?			

		Yes	No
Recycling	Paper		
	Tins/cans		
	Glass		
	Plastics		
	Others		

		Yes	No
Home/ Shopping	Do you check which country fruit/veg come from before you buy it?		
	Do you buy plastic packaged fruit and veg?		
	Do you use energy efficient light bulbs (LED)?		
	Have you got Solar Panels fitted?		
	Would you pick up a small piece of rubbish up if you saw it on the street?		
	Do you recycle batteries?		
	Do you drink bottles water?		
	Do you return unused medication to the pharmacy?		
	Do you turn the water off when brushing your teeth?		
	Are you able to grow your own fruit and veg?		
	Do you have a compost bin?		
	When buying an electrical item how important is the efficient rating?		

Many thanks for completing the survey. If you have any other comments you would like to add please do so in the space provided.