Project title: **Football Used as a Tool to edUcate childRen on sustainablE behaviours**
Project acronym: **FUTURE**
Project number: **101161089**

Co-funded by the European Union

FUTURE Footprint Calculator – Self assessment questionnaire

Instructions

Answer the 10 questions and do a quick self-assessment: if you get more answers where Future is happy and has bright green leaves then your team is environmentally friendly and has a low carbon your footprint!

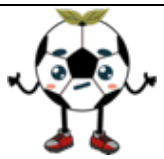
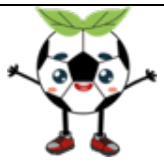
During the sports year, work with your coaches and teammates to change as much as possible the mood of Future from sad with brown leaves to happy with big bright green leaves!

This will allow you to reduce your carbon footprint and be more environmentally friendly.

Use the APP '**FUTURE Footprint Calculator'** to measure to measure how environmentally friendly you are, or you will become over time and how you can make Future happier and brighter!

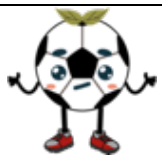
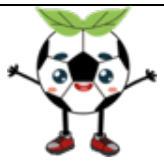
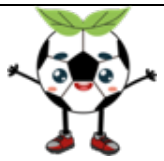
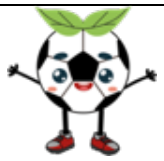
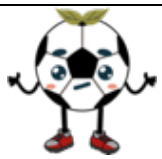
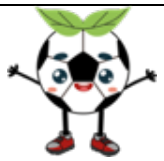
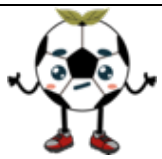
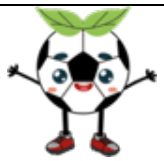


"Hi! I'm Future and I have some questions for you!"

How many training sessions/matches are held per week during daytime hours?					
	Less than 50%		Between 50% and 75%		More than 75%
If there are training sessions at times that require artificial lighting, do you share the field with another team?					

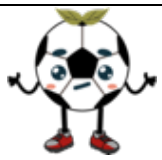
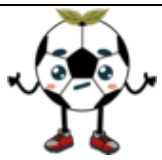
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	No, never		Sometimes		Yes, always
Is the lighting system of your training filed using LED lights?					
	No			Yes	
What is the average of electric/hybrid/muscle transport vehicles (e.g., bikes) used by the ahtlethes to reach the trainings and the matches?					
	Less than 25%		Between 25% and 50%		Over 50%
What is the average distance that athletes need to travel from home to the training facility?					
	More than 10 km		Between 5 and 10 km		Less than 5 km
Do the athletes share the rides, to use less cars when travelling to training facility or to games?					
	No, never		Sometimes		Yes, always
How much time the athletes spend in the shower after a training or a game?					
	More than 10 minutes		Between 10 and 5 minutes		5 minutes or less

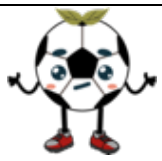
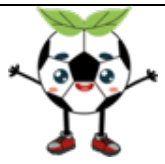
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What type of emitter are the showers of your training facilities are equipped with?					
	Simple		Jet breaker		Air mixer
Does your training facility uses a system with solar panels to heat water and/or produce electricity?					
	No		Yes		
How many players in your team use re-usable water bottles during training sessions or games?					
	Less than 50%		Between 50% and 75%		More than 75%



"Perfect! The self-assessment test is finished! Now calculate your score by counting how many answers you have for each option and read how environmentally friendly you and your team are!

Calculate the number of icons:					
	…….		…….		…….

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How are you doing?	
	If Future is sad and the leaves are brown in most of your answers, it means that there is a lot to do! The good news is that you and your team can work together to achieve better results! Discuss together which steps to take to become environmentally friendly!
	If Future is not sad but not happy either and the leaves are brown, but getting greener in most of your answers, it means that there you and your team are on the right path to become environmentally friendly. But there is still some work to do! Discuss together which steps to take to become environmentally friendly!
	If Future is happy and the leaves are green and bright in most of your answers, it means that you and your team are doing very good and are environmentally friendly! But pay attention: it is important to keep working and do not lose all the progress that you have made! Discuss together which steps to take to keep being environmentally friendly!

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