

# PERSONAL SOCIAL RESPONSIBILITY INDEX

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## POINTS

### <FOOD> Where does your food come from?

S M T W R F S

**Produce:** Locally grown +4 / Grown in the US +3 / Organic +3 / Imported -1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Perishables:** Organic +2 / Natural +1 / More than 10 ingredients -2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Prepared:** Home cooked meal +3 / Locally owned restaurant +1 / Fast food -2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Misc :** compost +3 / recycle +2 / re-useable mug +1 / plastic bottle -2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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### <APPAREL> Who makes your clothing?

**Clothing:** Handmade +4 / Socially responsible biz +3 / second hand stores +2 / unknown -1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Jewelry:** Artisan-made +3 / Hemp +2 / Diamonds -2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Shoes:** Synthetic +2 / Leather -1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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### <LEISURE> How do you spend your leisure time?

S M T W R F S

**Sports:** participant +3 / viewer -1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Reading:** Nonfiction +2 / Fiction +1

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**Movies:** Foreign Films +3 / Independent films +2 / Hollywood -2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**TV:** Simpsons +3 / PBS +2 / channel surfing -2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Other:** Volunteer +3 / spend time with family +2 / yoga +1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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### <RETAIL> Do you really need it?

**Household goods:** locally owned stores +3 / big box stores -2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Decor:** local artist +3 / fair trade +2 / made in China -2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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### <AWARENESS> Where do you get your news?

**Print:** Local news +3 / int'l +2 / national +1 / only read the headlines -1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**TV:** Daily Show +3 / Local programming +2 / CSPAN +1 / CNN -1 / Fox -2

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**Online:** BBC +3 / multiple sources +2 / email forwards -1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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### <MISC> actions overlooked?

Use public transit, bike, walk +3 / Say hi to your neighbor +2 / give change to the street musicians +1

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NOTES:

2004

2005

2006

2007