

Basic Family Facts

Who
Where
Employment/Education

Notable Eating Statistics

Meats
Poultry
Other

Household Services

Electric
Gas
Water
Refuse (garbage, recycling, compost)

Consumables

Food
Consumables
Tool & Toys

Data Services

Phone
Internet
TV
Other

Content Services

News
Other

Media Time

Phone
Film/TV
Books
Games
Social Media

Travel

Planes
Trains
Automobiles

Giving Back

Financial Giving:
Annual recurring contributions
Inspired by current events this year
Other Actions

Want to share your own annual life impact? Download this Artaswork template and reflect a bit on your consumption, and how to live a low-consumption life.