

Personal “Do No Harm” Lifestyle Inventory

PERSONAL CARE

Introduction

These inventories calculate your harm score, so the lower your percentage score the better. Your score provides a baseline for your transition plan. A score of 50% is good for a start.

Instructions

Complete the inventory below by checking how often you use a brand name or similar generic version of the items listed. For example, if you use Colgate toothpaste daily you would mark ‘Daily’ for a score of 4.

To calculate your percentage score, check the appropriate boxes, add up the numbers in the score column and divide by the number indicated.

BRAND NAME PERSONAL CARE PRODUCTS	Daily (4)	Weekly (3)	Monthly (2)	Rarely (1)	Never (0)	Score
Shampoo						
Hair Spray						
Mousse						
Hair coloring						
Deoderant						
Moisturizers						
Toothpaste						
Toothbrush						
Floss						
Cotton swabs						
Toilet paper						
Soap						
Hand cleanser						
Towels						
Wash cloths						
Cosmetics						
Feminine products						
Shaving products						

TOTAL SCORE	
DIVIDE BY 72	
PERCENTAGE SCORE	

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CLOTHING & JEWELRY

Instructions

Complete the inventories below by estimating how ethical your clothing & jewelry is in each category listed. For example, if your socks are organic handspun cotton, you might mark ‘0 Unethical’ for a score of 0. However, if your socks are a polyester blend made in China, you might mark ‘3/4 Unethical’ for a score of 3.

To calculate your percentage score, check the appropriate boxes, add up the numbers in the score column and divide by the number indicated.

CLOTHING	3/4 Unethical (3)	1/2 Unethical (2)	1/4 Unethical (1)	0 Unethical (0)	Score
Work clothes					
Athletic clothes					
Everyday clothes					
Dress clothes					
Underwear					
Shoes					
Boots					
Sox					
Coats					
Hats					
Gloves					
Scarves					
Sleepwear					
Robes					
Belts					

TOTAL SCORE	
DIVIDED BY 45	
PERCENTAGE SCORE	

Jewelry	Mostly Unethical (3)	Half and Half (2)	Mostly Ethical (1)	Totally Ethical (0)	Score
Watches					
Rings					
Earrings					
Necklaces					
Pins					

TOTAL SCORE	
DIVIDED BY 15	
PERCENTAGE SCORE	

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HOUSEHOLD PRODUCTS & VEHICLES

Instructions

Complete the inventory below by checking how often you use a brand name or similar generic version of the household items listed. For example, if you use Tide laundry detergent daily you would mark ‘Daily’ for a score of 4. Score the Vehicles/ Fuel inventory similarly.

To calculate your percentage score, check the appropriate boxes, add up the numbers in the score column and divide by the number indicated.

HOUSEHOLD PRODUCTS	Daily (4)	Weekly (3)	Monthly (2)	Rarely (1)	Never (0)	Score
Cleaners						
Disinfectants						
Cloths						
Sponges						
Brushes						
Dish soap						
Laundry soap						
Fabric softener						
Stain remover						
Window cleaner						
Repellents						

TOTAL SCORE	
DIVIDED BY 44	
PERCENTAGE SCORE	

VEHICLES/FUEL	Mostly Unethical (3)	Half and Half (2)	Mostly Ethical (1)	Totally Ethical (0)	Score
Bicycles					
Motorcycles					
Cars					
Trucks					
Tractors					
Mowers					
Vans					
Recreational vehicles					

TOTAL SCORE	
DIVIDED BY 24	
PERCENTAGE SCORE	

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OFFICE / BUSINESS SUPPLIES

Instructions

Complete the inventory below by estimating how ethical your Office Supplies are in each category listed.

To calculate your percentage score, check the appropriate boxes, add up the numbers in the score column and divide by the number indicated.

OFFICE/ BUSINESS SUPPLIES	All Unethical (4)	3/4 Unethical (3)	1/2 Unethical (2)	1/4 Unethical (1)	All Ethical (0)	Score
Paper						
Ink (pens, printers, etc.)						
Writing implements						
Notebooks						
Calendars						
File folders						
Filing cabinets						
Electronics						
Communication devices						
Phones						
Computers						
Tablets						
Radios						
Glue						
Tape						
Clips						

TOTAL SCORE	
DIVIDED BY 64	
PERCENTAGE SCORE	

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FOOD

Instructions

Complete the inventory below by estimating how often you consume the food or products in each category listed below.

To calculate your percentage score, check the appropriate boxes, add up the numbers in the score column and divide by the number indicated.

FOOD & BEVERAGES	Daily (4)	Weekly (3)	Monthly (2)	Rarely (1)	Never (0)	Score
Meat						
Meat products						
Processed foods						
Artificial sweeteners						
Artificial flavoring						
Chemicals						
GMOs						
Alcohol products						
Cigarette smoking						
Pot (marijuana)						
Recreational drugs						
Pharmaceuticals						
Soft drinks						
TOTAL SCORE						
DIVIDED BY 52						
PERCENTAGE SCORE						

This completes the Personal “Do No Harm” Lifestyle Inventory for the Little Potomac Ranch Natural Law Project.

Name _____ Date Completed _____