

	2019	2020	2021
Electricity (MWh)	432,570	309,104	267,642
Renewable Energy Certificates (RECs)	432,570	309,104	267,642
	2019	2020	2021
Scope 1 Direct Emissions (MT CO <sub>2</sub> e)	10,125	7,199	6,608
Scope 2 Indirect Emissions (MT CO <sub>2</sub> e)			
Location Based Emissions	155,990	111,097	95,911
Market Based Emissions	1,655	1,613	1,756
	2019	2020	2021
Scope 3 (MT CO <sub>2</sub> e)			
Category 1 - Purchased Goods and Services	154,557	146,334	152,182
Category 3 - Transmission and Distribution Losses	8,755	6,432	5,577
Category 4 - Upstream Transportation and Distribution <sup>(1)</sup>	58,432	34,925	53,137
Category 5 - Waste Generated in Operations <sup>(2)</sup>	1,846	2,588	2,091
Category 6 - Business Travel	46,806	11,538	4,012
Category 7 - Employee Commuting <sup>(3)</sup>	111,070	19,851	3,292
Category 13 - Downstream Leased Assets <sup>(4)</sup>	—	1,124	3,561
<b>Total Scope 3 Emissions (MT CO<sub>2</sub>e)</b>	<b>381,466</b>	<b>222,792</b>	<b>223,852</b>
Total Scope 1, Scope 2, Location Based and Scope 3 Categories 1, 3-7, and 13 Emissions (MT CO <sub>2</sub> e)	547,581	341,088	326,371
Total Scope 1, Scope 2, Market Based and Scope 3 Categories 1, 3-7, and 13 Emissions (MT CO <sub>2</sub> e)	393,246	231,604	232,216

Note: We have continued to refine and enhance the estimation methodologies, usage of industry standard data, and quality assurance processes used to derive our GHG emissions results and implemented a number of such changes in 2021. We have revised 2019 and 2020 results accordingly to increase comparability.

- 1 The majority of emissions in this category are supplied by third-party service providers and the [US Postal Service Blue Earth Carbon Accounting Platform](#).
- 2 Waste Generated in Operations emissions include landfill, recycling, secure shred and compost emissions for U.S. locations where Capital One is responsible for contracting waste removal. International locations and leased locations with landlord-provided waste removal are not calculated at this time.
- 3 We have not included work-from-home emissions in our results as estimation methodologies and best practices are still evolving and critical data availability coupled with varying approaches can produce significantly different estimates. Despite these limitations, a revised estimate of our 2020 work-from-home emissions indicates these emissions would decrease by approximately 121,000 metric tons from 156,000 metric tons to 35,000 metric tons.
- 4 Downstream Leased Asset emissions became relevant to the Capital One carbon footprint in 2020 with the leased space development of the headquarters in McLean, VA.