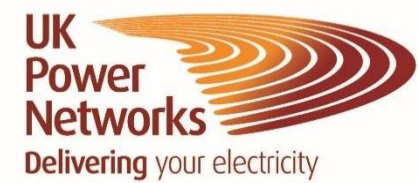


Energy Diary



Track how often and for how long you use energy for a full day. Use your findings to think about how you could reduce the amount of energy you use. Talk to your family and friends to share what you found and to come up with ways they can reduce their energy use too.

Activity	How long did you use it for?	How many times today? Do you use this everyday?
Charging your phone		
Using the computer		
Boiling the kettle		
Watching TV		
Turning lights on		
Microwave/ oven		
Heating		
Playing a Games Console		
Alarm clock		
Shower		

