

# Energy diary

Track how you use energy for a full day.



Activity	How long did you use it for?	How many times today? Do you use this every day?
Charging your phone		
Using a computer		
Boiling a kettle		
Watching TV		
Turning lights on		
Using a microwave or oven		
Having the heating on		
Playing on a games console		
Using an alarm clock		
Showering		

