



The Energy I Used Today

ENERGY BUCK VALUES

Waking Up

Alarm Clock or Radio.....2

Breakfast

Microwave.....2

Stove/Oven.....5

Toaster Oven/Toaster3

Refrigerator.....3

Ready for School

Air Conditioning/Heating.....10

Radio/CD Player/MP3 Player/iPod.....2

TV/DVD Player3

Gaming System.....3

Shower/Bath3

Hair Dryer3

Curling Iron/Curlers/Flat Iron3

Telephone/Cell Phone2

Computer3

iPad/Tablet.....2

Room Lighting

Bedroom.....2

Bathroom2

Kitchen2

Family Room.....2

Other2

Getting to School

Walk.....0

Bicycle.....0

School Bus.....1

Carpool.....2

Family Vehicle5

After School

Air Conditioning/Heating.....10

Travel in Vehicle5

Lights2

Computer3

iPad/Tablet.....2

Gaming System3

Radio/CD Player/MP3 Player/iPod.....2

TV/DVD Player3

Telephone/Cell Phone2

Snack Preparation2

Last Night

Air Conditioning/Heating.....10

Microwave.....2

Stove/Oven.....5

Toaster Oven/Toaster3

Refrigerator.....3

Grill2

Lights2

TV/DVD Player3

Gaming System3

Shower/Bath3

Hair Dryer3

Telephone/Cell Phone2

Computer3

iPad/Tablet.....2

Radio/CD Player/MP3 Player/iPod.....2



The Energy I Used Today

Circle the things you used or did in the left column. When you have completed the list, your teacher will show you how many Energy Bucks each activity or device uses. Write those numbers in the right column, then add them together to find your Total Energy Bucks Used.

What device woke me up this morning?

ENERGY BUCKS

Alarm Clock or Radio

What devices were used to make my breakfast?

Microwave

Stove/Oven

Toaster Oven/Toaster

Refrigerator

What devices did I use as I got ready for school this morning?

Air Conditioning/Heating

Radio/CD Player/MP3 Player/iPod

Gaming System

TV/DVD Player

Shower/Bath

Hair Dryer

Curling Iron/Curlers/Flat Iron

Telephone/Cell Phone

Computer

iPad/Tablet

What rooms had lights turned on this morning?

Bedroom

Bathroom

Kitchen

Family Room

Other

How did I get to school today?

ENERGY BUCKS

- Walk _____
- Bicycle _____
- School Bus _____
- Carpool _____
- Family Vehicle _____

What devices did I use after school yesterday?

- Air Conditioning/Heating _____
- Travel in Vehicle _____
- Lights _____
- Computer _____
- iPad/Tablet _____
- Gaming System _____
- Radio/CD Player/MP3 Player/iPod _____
- TV/DVD Player _____
- Telephone/Cell phone _____
- Snack Preparation _____

What devices were used at home last night?

- Air Conditioning/Heating _____
- Microwave _____
- Stove/Oven _____
- Toaster Oven/Toaster _____
- Refrigerator _____
- Grill _____
- Lights _____
- TV/DVD Player _____
- Gaming System _____
- Shower/Bath _____
- Hair Dryer _____
- Telephone/Cell Phone _____
- Computer _____
- iPad/Tablet _____
- Radio/CD Player/MP3 Player/iPod _____

Total Energy Bucks Used _____