



# The Energy I Used Today

## Energy Buck Values

### Waking Up

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Alarm Clock or Radio..... 2

### Breakfast

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Microwave..... 2

Stove/Oven..... 5

Toaster Oven ..... 3

Refrigerator..... 3

### Ready for School

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Air Conditioning/Heating..... 10

Radio/CD Player ..... 2

TV/DVD Player ..... 3

Shower/Bath ..... 3

Hair Dryer ..... 3

Curling Iron/Curlers/Flat Iron..... 3

### Room Lighting

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Bedroom..... 2

Bathroom ..... 2

Kitchen ..... 2

Family Room..... 2

Other..... 2

### Getting to School

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Walk..... 0

Bicycle..... 0

School Bus..... 1

Carpool..... 2

Family Vehicle ..... 5

### After School

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Air Conditioning/Heating..... 10

Travel in Vehicle ..... 5

Lights ..... 2

Computer ..... 3

Video Game System ..... 3

CD Player/Radio/iPod/mp3 Player ..... 2

TV/DVD Player ..... 3

Telephone ..... 1

Snack Preparation ..... 2

### Last Night

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Air Conditioning/Heating..... 10

Microwave..... 2

Stove/Oven..... 5

Toaster Oven ..... 3

Refrigerator..... 3

Grill ..... 2

Lights ..... 2

TV/DVD Player ..... 3

Shower/Bath ..... 3

Hair Dryer ..... 3