



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 get 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

Refrigerator

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

Air Conditioning/Heating

Radio/CD Player

TV/DVD Player

Shower/Bath

Hair Dryer

Curling Iron//Flat Iron

What rooms had lights turned on this morning?

Bedroom

Bathroom

Kitchen

Family Room

Other

How did I get to school today?

Walk

Bicycle

School Bus

Carpool

Family Vehicle

What devices did I use after school yesterday?

ENERGY BUCKS

Air Conditioning/Heating

Travel in Vehicle

Lights

Computer

Video Game System

CD Player/Radio/iPod/mp3 Player

TV/DVD Player

Telephone

Snack Preparation

What devices were used at home last night?

Air Conditioning/Heating

Microwave

Stove/Oven

Toaster Oven

Refrigerator

Grill

Lights

TV/DVD Player

Shower/Bath

Hair Dryer

Total Energy Bucks Used
