



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
