

Daily Energy Use Diary

Instructions:

- 1) For the next week, keep track of the ways you use energy in the following 4 areas: water, food, power source, and transportation. (If you need to add more USE columns than the 5 daily ones given, do so.)
- 2) Also for the next week, choose at least one other way you use energy to track. Here are a couple suggestions: clothes or possessions used. You can also have something else approved by talking with me.

Day: _____

Ways I Am Using Energy -Specific details to include in Use columns.					
	Use 1	Use 2	Use 3	Use 4	Use 5
Water (Identify the use: Drinking, Cooking, Showering/Bathing, Going to the Bathroom, Cleaning, etc.) -Also include the duration of time, as well as where your water came from and was processed.					
Food (Identify the use: Eating, Feeding Pets)					

<p>-Include where the food came from, the energy it took to grow, package, and transport it before you bought it.</p>					
<p>Power Source - Electricity, Natural Gas, etc. (Identify the use: Lights, AC/Heat, Cooking, Electronic Devices, etc.)</p> <p>-Include where the power source comes from, as well as the duration of time you used it.</p>					
<p>Transportation (Identify which one: Bus, Car, Bike, Walking, etc.)</p> <p>-Include how far you traveled.</p>					