

Date \_\_\_\_\_

Things I use everyday that require energy, and time spent using them:

What I use	How long I use it
T.V.	4-6 hrs
laptop	1-2 hrs
lamp	3-8 hrs
Smart-board	3-6 hrs
Stove	4-5

Essential (essential)

lights, stove, fridge, microwave,

Not essential (privilege)

T.V., laptop, Nintendo switch,

One piece of energy I will give up using Laptops for the next day because  
I want to save energy. Instead, I will play math and word.

