

Do You Really Need It?

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

What I use	How long I use it
monitor	10 hours
computer	10 hours
heater	10 hours
Electric toothbrush	4 minutes
phone	1 hour
lights	15 hours
TV/iPad	1.5 hours
Nintendo Switch/gaming system	
Furnace	24 hours
Stove/oven	1 hour
Microwave	5 minutes
Toaster	3 minutes
Space heater	9 hours
Standing desk	9 hours

Need (essential)

Furnace, computer, monitor, lights,

Wants (privileges)

Phone, electric toothbrush, iPad, standing desk

To save energy, I will give up using ___iPhone___ for the next day because ___I can live without it_____. Instead, I will _check email on the computer and not check any social media for the day.

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

What I use	How long I use it
Phone	3 hours
Ipad	1 hour
Dish washer	1 hour
Electric toothbrush	4 min
Shower	30 min
Gaming system	15 min

Needs
Shower

Wants

Gaming system, Ipad, Phone, electric toothbrush

To save energy, I will give up using my gaming system for the next day because I don't use it that much. Instead, I will play a board game.

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

What I use	How long I use it
ipad	6 hours
computer	7 hours
car	1 hour
tv	2 hours
headphones	7 hours
charger	1 hours

Need (essential) car, charger, computer

Wants (privileges)
Headphones, ipad, TV

To save energy, I will give up using ___TV___ for the next day because ___I have other stuff to entertain me _____. Instead, I will _____play with something else -_- _____.

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

What I use	How long I use it
My Laptop	During School (Around 5hrs)
A Toaster	Around 24hrs
My Wii U	Almost Never (If I do, 1/2hrs)
Television	Every Night (Around 45min)
The Lights	24hrs
My Ipod	2 Weeks Every Month

Need (essential)
My laptop, my toaster, the lights

Wants (privileges)
My Wii U, TV, my Ipod

To save energy, I will give up watching TV for the next day to save energy. Instead, I will be bored.

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

What I use	How long I use it
light	10 Hours
ipad	4 hours
fan	8 hours
Electric tooth brush	4 minutes
computer	7 hours
TV	5 hours

Need (essential)

Electric tooth brush because i do not have any other way to do it .
Computer for online school.

Wants (privileges)
light,ipad,TV

To save energy, I will give up using _light_____ for the next day because ___i want it to be bright in my room_____. Instead, I will _____open the critens___and it will still be bright_____.

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

What I use	How long I use it
Tablet	10 hours a day?...
PC	More than 2 hours.
Charger	Until my PC or tablet is fully charged.
Nintendo switch	1 hour, we have a timer for it!
Lights	24 hours a day
Motivation	XD, I barely get any really.

Need (essential) Charger PC Lights
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Wants (privileges) MOTIVATION.
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To save energy, I will give up using My Switch and Tablet for the next day because I don't want my eyes to hurt that bad... Instead, I will use my PC from time to time like not at lunch or breakfast or dinner.

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

What I use	How long I use it
My computer	9-10 hours.
My tv	3-4 hours
tablet	1 hour
phone	30 mins
xbox	5 hours
ps4	5 hours

Need (essential)
My computer

Wants (privileges)
Pc monitor

To save energy, I will give up using __tablet_____ for the next day because _ it's not really working_____. Instead, I will ___use my phone_____.