

Energy Diet Challenge: One Hour No Power

How much time can you spend without using any power? What activities do you do during your no-power time? (sleeping doesn't count!) Track your progress (on April 19th and 20th) on the chart below and record your reflection after the two days are complete.

Part A: Tracking

Date	Time (start and end)	Activity
April 19	6:57-7:52 am	breakfast/reading
April 19	5:05-7:15pm	biking
April 20	7:13-7:53 am	breakfast/reading
April 20	3:00-7:00	Just a bunch of stuff outside

Part B: Reflection

Did you find this challenge easy or hard? Why or why not?

I found this challenge pretty easy. Before online schooling my day was pretty much all no power and is isn't too hard to stick to that routine.

What part of this challenge experience surprised you?

Not much of this challenge surprised me.

Why do you think it's important to reduce our energy consumption?

I think it's important to reduce our energy consumption because of multiple reasons, like climate change, power short circuiting and burning stuff down and many other reasons.

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Part A: Tracking

Date	Time (start and end)	Activity
2021-04-19	3:10 - 3:40	walk
2021-04-19	7:05 - 7:35	Reading

Part B: Reflection

Did you find this challenge easy or hard? Why or why not?

I found this challenge a bit difficult, because I could not play with any electronics.

What part of this challenge experience surprised you?

Something that surprised me was how fast my sister and granddad walk. I also found out that if i have nothing to do i can read a book nonstop.

Why do you think it's important to reduce our energy consumption?

I think that it's important to reduce our energy consumption because if we keep wasting energy like we are we soon won't have anything left.

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Part A: Tracking

Date	Time (start and end)	Activity
April 19 2021	9:40 to 10:05	Peeling seeds.
April 19 2021	3:40 to 4:45	Playing with my bird
April 20 2021	5:45 to 8:15	Changing water'n feeding my bird
April 21 2020	2:00 to 2:30	Playing connect 4 with my brother.
April 21 2021	11:10 12:05	Eating lunch
April 22 2021	6:00 to 7:55	Playing with magnets

Part B: Reflection

Did you find this challenge easy or hard? Why or why not?

Easy because I do not use electronics much I spend almost all my time playing if I am not doing work

What part of this challenge experience surprised you?

Nothing surprised that much but I was sort of surprised sleeping didn't count.

Why do you think it's important to reduce our energy consumption?

Because using energy has impacts on the environment and using not needed energy will make you have to pay more money and much more importantly it can impact the environment in many ways.

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Part A: Tracking

Date	Time (start and end)	Activity
April 19 2021	3:45-5:10	Going on a walk and climbing trees

Part B: Reflection

Did you find this challenge easy or hard? Why or why not?
I did not find it hard because i do not use a lot of energy

What part of this challenge experience surprised you?
How much i use

Why do you think it's important to reduce our energy consumption?
To help the planet and environment because it is getting polluted