

Home energy tracker



Imagine a better way

Your guide to tracking your home energy use

Use the tables below to record your daily energy use. By recording the amount of energy each of your appliances use (in watts or kilowatts) and the length of time each is used for (in hours or minutes), you'll be able to see how much it costs to run every appliance in your home. This could then help you to identify the areas where you could reduce your energy use.

Get started with these easy steps:

- Step 1.** Complete your energy diary and calculate how many hours you've used each appliance over the week.
- Step 2.** Find out how much energy your appliances use. It's usually written somewhere on the appliance or in its instruction booklet and might be given in 'watts' or in 'kilowatts'. (There are 1,000 watts in one kilowatt so if it's given in watts you can convert to kilowatts by dividing by one thousand).
- Step 3.** Fill in the kilowatts column in your Energy Tracker.
- Step 4.** Now, multiply the kilowatts by the number of hours used in your diary. To work out your energy usage, you need to know how many kilowatts an appliance uses in an hour (kW/h).
- Step 5.** Finally, multiply the kilowatt hours used by your unit cost to give you the total running cost for that appliance for one week. (You'll find your unit cost on your energy bills.)

Calculation example:

Appliance	Kilowatts	x	No. of hrs used per week	=	Total kW hrs used per week	x	Unit cost of electricity	=	Cost per week
Fridge Freezer	0.15	x	168	=	25.2	x	48.19 cent	=	€12.14
Television	0.2	x	21	=	4.2	x	48.19 cent	=	€2.02

Please note, this tracker is just a guide to help you identify which appliances consume the most energy. Appliances in standby mode or that are switched on but are not in use, still use energy but won't be counted in your tracker. You can save more energy by plugging out the appliance or switching it off at the wall when it's not being used.

Your energy tracker

Heat

	Kilowatts	x	No. of hrs used per week	=	Total kW hrs used per week	x	Unit cost of electricity	=	Cost per week
Natural gas ducted gas heating (whole house)		x		=		x		=	
Natural gas ducted heating (zoned)		x		=		x		=	
Portable heater		x		=		x		=	
Electric heating (with thermostat)		x		=		x		=	
Electric heating (without thermostat)		x		=		x		=	
Other		x		=		x		=	

Light

	Kilowatts	x	No. of hrs used per week	=	Total kW hrs used per week	x	Unit cost of electricity	=	Cost per week
LED lightbulbs		x		=		x		=	
Halogen bulbs		x		=		x		=	
Downlights		x		=		x		=	
Outdoor lights		x		=		x		=	
Flourescent lights		x		=		x		=	
Other		x		=		x		=	

Kitchen

	Kilowatts	x	No. of hrs used per week	=	Total kW hrs used per week	x	Unit cost of electricity	=	Cost per week
Electric kettle		x		=		x		=	
Microwave		x		=		x		=	
Oven		x		=		x		=	
Toaster		x		=		x		=	
Dishwasher		x		=		x		=	
Fridge		x		=		x		=	
Freezer		x		=		x		=	
Fridge-freezer		x		=		x		=	
Other		x		=		x		=	

Bathroom

	Kilowatts	x	No. of hrs used per week	=	Total kW hrs used per week	x	Unit cost of electricity	=	Cost per week
Gas storage tank (immersion)		x		=		x		=	
Gas instantaneous (wall mounted)		x		=		x		=	
Electric storage/ off-peak		x		=		x		=	
Electric instantaneous		x		=		x		=	
Solar electric		x		=		x		=	
Solar gas		x		=		x		=	
Other		x		=		x		=	

Laundry

	Kilowatts	x	No. of hrs used per week	=	Total kW hrs used per week	x	Unit cost of electricity	=	Cost per week
Washing machine		x		=		x		=	
Iron		x		=		x		=	
Tumble dryer		x		=		x		=	
Vacuum cleaner		x		=		x		=	
Other		x		=		x		=	

Family room/home office

	Kilowatts	x	No. of hrs used per week	=	Total kW hrs used per week	x	Unit cost of electricity	=	Cost per week
Television		x		=		x		=	
Stereo		x		=		x		=	
Speaker		x		=		x		=	
Desktop computer		x		=		x		=	
Laptop		x		=		x		=	
Printer		x		=		x		=	
Other		x		=		x		=	

Bedrooms

	Kilowatts	x	No. of hrs used per week	=	Total kW hrs used per week	x	Unit cost of electricity	=	Cost per week
Electric blanket		x		=		x		=	
Phone charger		x		=		x		=	
Hair dryer		x		=		x		=	
Hair straightener/ curling tongs		x		=		x		=	
Other		x		=		x		=	