




Track your energy - this table can help you see how much energy you use in your home. Once you understand your energy use, it's easier to make savings!




Month



Electricity



Heating



Transport



Notes

You may get your bill every second month, in which case just fill out as necessary.

You can fill in your electricity bill details by the cost (€) or the units (kWh), or both. Remember bills are estimated unless you send your meter reading to your supplier

Track what you spend on heating your home. Most heating is either by oil or gas. If you use oil, the unit is litres (l). If you use gas, the unit is (kWh). These units should be available on your bill, as well as the cost (€). Don't forget to include coal, wood or other fuels if you use them.

This is for your petrol or diesel you use in your car. The unit is litres (l). It can be tricky keeping track of this on the go, so try to save your receipts and tot it up at the end of the month.

Insert any comments here that might be relevant to understanding your energy use. For example, the type of fuel you are using, or whether you had guests staying in the house which would account for a higher energy bill.

Jan
Feb
Mar
Apr
May
Jun
Jul
Aug
Sep
Oct
Nov
Dec
Total

€	Meter reading at start of month
€	
€	
€	
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€	
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€	
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€	litres or kWh
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€	

No.	We will pledge to save energy by following the simple tips below:
1.	
2.	
3.	
4.	
5.	


We all commit to saving energy in our home and become sustainable energy champions.

Signatures:

Blank area for signatures.

Keep this page somewhere safe and visible and remember to check it at regular intervals. This will help everyone continue to make smart energy decisions in your home.


Examples of some easy tips are:




Turn your thermostat down 1 degree



Replace your old inefficient light bulbs with LED lights



Switch off all appliances at night or when you're not home



Try to use large energy using appliances, such as dryers and ovens, as little as possible



Walk, cycle or use public transport instead of the car whenever you can