



## Bio Tech Student Sheet – The Energy I Use

- Circle the things you did or used over the last 24 hours.
- When you are finished, use sheet #2, to add energy points to the line next to anything you circled.
- Total your points at the end.

### What devices were used for making my breakfast?

Air Fryer \_\_\_\_\_  
 Coffee Maker \_\_\_\_\_  
 Microwave \_\_\_\_\_  
 Oven \_\_\_\_\_  
 Refrigerator \_\_\_\_\_  
 Stove \_\_\_\_\_  
 Toaster \_\_\_\_\_

### What rooms had lights turned on this morning?

Bathroom \_\_\_\_\_  
 Bedroom \_\_\_\_\_  
 Family Room \_\_\_\_\_  
 Kitchen \_\_\_\_\_  
 Other \_\_\_\_\_

### What devices did I use as I got ready for school?

Air Conditioner/Heater \_\_\_\_\_  
 CD player \_\_\_\_\_  
 Computer \_\_\_\_\_  
 Curling Iron/Flat Iron \_\_\_\_\_  
 DVD player \_\_\_\_\_  
 Gaming System \_\_\_\_\_  
 iPad/Tablet \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Shower/Bath \_\_\_\_\_  
 TV \_\_\_\_\_

### How did I get to school today?

Bicycle \_\_\_\_\_  
 Carpool \_\_\_\_\_  
 Family Car \_\_\_\_\_  
 School Bus \_\_\_\_\_  
 Walk \_\_\_\_\_

What devices did I use after school yesterday?

- Air Condition/Heater \_\_\_\_\_
- CD player \_\_\_\_\_
- Computer \_\_\_\_\_
- DVD player \_\_\_\_\_
- Gaming System \_\_\_\_\_
- iPad/Tablet \_\_\_\_\_
- Lights \_\_\_\_\_
- Phone \_\_\_\_\_
- Snack Preparation \_\_\_\_\_
- Travel in Vehicle \_\_\_\_\_
- TV \_\_\_\_\_

What devices were used at home last night?

- Air Condition/Heater \_\_\_\_\_
- Air Fryer \_\_\_\_\_
- CD player \_\_\_\_\_
- Computer \_\_\_\_\_
- DVD player \_\_\_\_\_
- Gaming System \_\_\_\_\_
- Grill \_\_\_\_\_
- Hair Dryer \_\_\_\_\_
- iPad/Tablet \_\_\_\_\_
- Lights \_\_\_\_\_
- Oven \_\_\_\_\_
- Phone \_\_\_\_\_
- Refrigerator \_\_\_\_\_
- Shower/Bath \_\_\_\_\_
- Stove \_\_\_\_\_
- Toaster \_\_\_\_\_
- TV \_\_\_\_\_

**Total Energy Points Used** \_\_\_\_\_