



family challenge diary

switch it off...
don't just 'stand by' and waste energy

This diary is for you to record what you find during a week with the Electrisave electricity monitor.

Note down readings of your electricity usage each day for a week and record any interesting discoveries you make about your energy use habits.

You may also find it useful to watch how much energy different appliances in your home use.

Record your electricity meter box reading for the beginning and the end of the week below:

Meter reading at beginning of week	
Meter reading at end of week	

You may wish to check your meter box reading each day to see if changing your energy use habits has a noticeable effect.

Please note that the Electrisave monitor should not be treated as a replacement for your electricity meter as the readings it displays will not meet the same degree of accuracy as your meter.

daily energy use

Use the Electrisave monitor to keep an eye on daily energy use in your home. Record your findings in the table opposite.

By pressing 'MODE' you can switch between different measures of the energy you are using:

1. cost in pence per hour - use this in the table

Shows how much the current level of power consumption in your home is costing you. This is based on the value you entered from your electricity bill. As power consumption rises, so will your electricity bill!

2. power consumption in kw

Shows the amount of power you are currently using. So this will rise when your demand for electricity increases, for example if you boil the kettle or turn on a light.

3. greenhouse gas emissions

These gases (such as carbon dioxide) are believed to play a key part in climate change. Since a major source of these gases is the generation of electricity, the Electrisave monitor calculates the effective amount of greenhouse emissions being produced by your current level of electricity use.

reducing the amount of energy we use can help combat climate change and save money at the same time!

give your readings in pence per hour

day	typical reading for the day	any high readings do you know what caused the increase in electricity use?	when everything turned off for the night
mon			
tues			
wed			
thurs			
fri			
sat			
sun			

where the electricity goes...

Can you tell which appliances use the most electricity in your home? Note down the extra cost of powering these appliances - the difference between the reading on the display before and after the appliance is in use.

appliance	rise in cost (pence/hour)

what is the cost of your electricity, as you set it on the electrisave monitor?

pence per kwh

at the end of the week...

maximum and minimum energy use

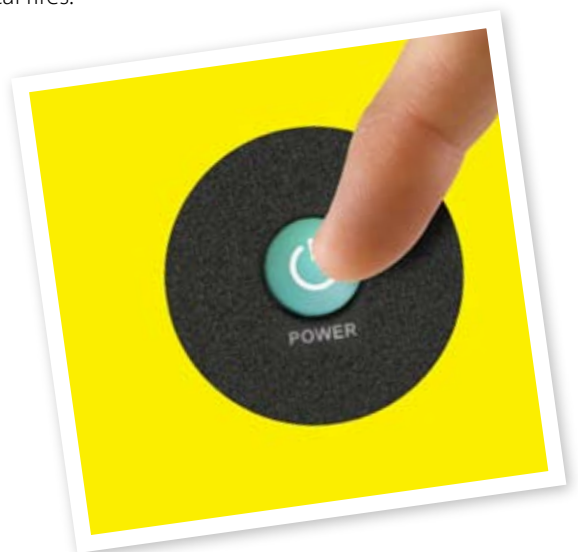
Having monitored your electricity use over a week, you may have noticed times at which the most and the least electricity is being used. Can you give the highest and lowest readings you saw?

highest reading	pence per hour
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lowest reading	pence per hour
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The highest reading should show just how much it can cost to power your home when a lot of appliances are in use.

The lowest reading indicates a 'base load' – the electricity still used in your home even when most appliances are switched off. Appliances left on standby can use 25% of the energy they use when on – turn them off to save energy, money and to reduce the possibility of electrical fires.



the alarm

If you used the alarm function, what value did you set it to and did your household often exceed this?

alarm limit

pence per hour

How often was this value exceeded, setting off the alarm? Please tick the most appropriate box.

often

occasionally

never



what you thought of the family challenge

Please tick the most appropriate box to answer the following questions.

1. How interesting did you find monitoring your electricity use for a week?

<i>not at all interesting</i>	1	2	3	4	5	<i>very interesting</i>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

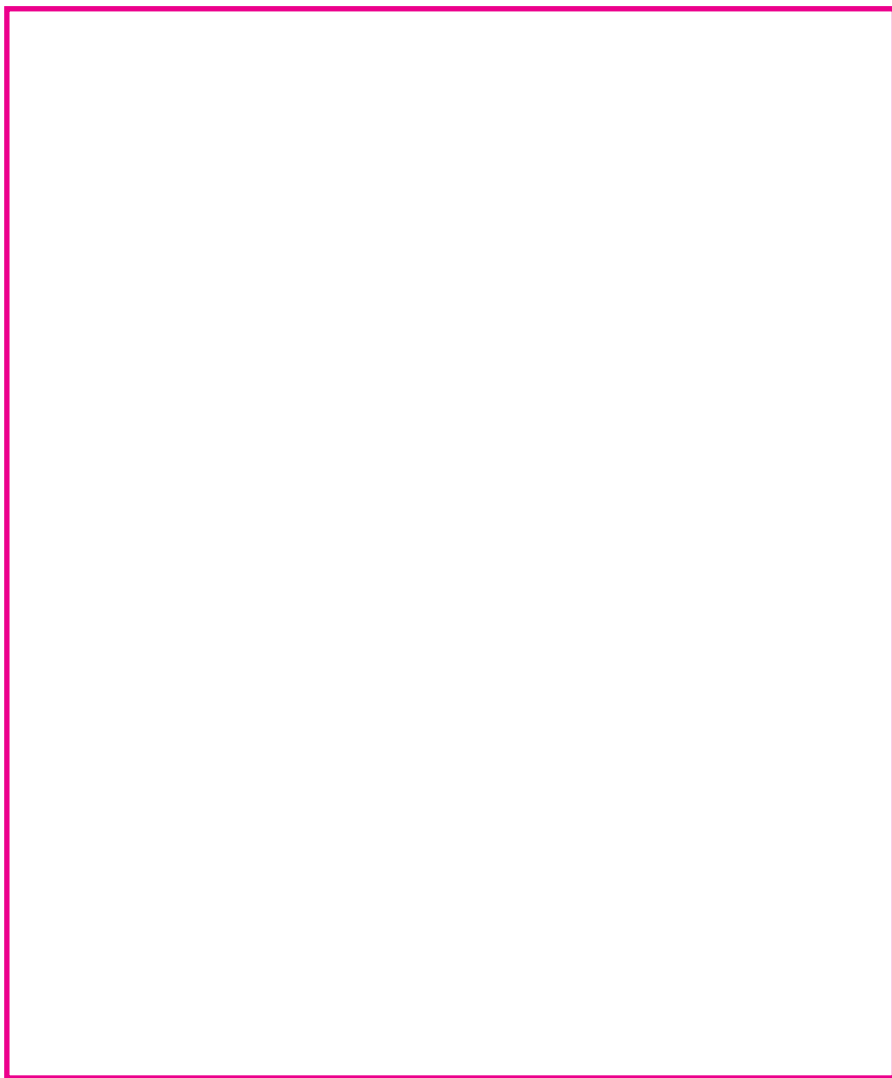
2. How easy was the Electrisave monitor to install?

<i>very difficult</i>	1	2	3	4	5	<i>very easy</i>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

3. Do you think that your energy use habits may change as a result of the Family Challenge?

yes no unsure

finally, were there any particular findings that you thought were interesting or surprising?



thank you very much for your participation in the family challenge!