

Energy-Saving Tracker Template

Daily Energy-Saving Checklist:

- Unplug unused electronics
- Use natural light during the day
- Close blinds to keep heat out/cold in
- Wash clothes in cold water
- Turn off lights when leaving rooms

Monthly Energy Goals:

- Goal 1: Reduce electricity bill by ___%
- Goal 2: Shorten shower times to ___ minutes
- Goal 3: Cook multiple dishes together in the oven

Energy Usage Tracker:

Month	Electricity (kWh)	Gas (Therms)	Water (gallons)	Savings Achieved
January				
February				
March				
April				
May				
June				
July				
August				
September				
October				
November				
December				

Seasonal Energy-Saving Actions:

Summer: Use fans instead of AC, grill outdoors to avoid heating the kitchen

Winter: Insulate windows, lower thermostat at night

Annual Savings Summary:

- Total Energy Saved (kWh): ____
- Total Water Saved (Gallons): ____
- Total Savings (\$): ____