

Name: _____

How Much Energy Do You Use In a Day?

Now that you know where our energy comes from, let's look at how much energy you use in a day. Using the chart below, record all of the electrical appliances you use for one day and the amount of time you use them for. The next page lists the average appliance wattage (amount of power used.) You can also look on the appliance label. For the last column, you will need to multiply the length of time used by the appliance wattage.

Appliance Used	Length of Time Used (round to nearest .25 hour)	Appliance Wattage	Total Wattage (length of time used x wattage)

Add up the total wattage column for all your appliances. What is your total daily wattage?

In San Diego, it costs about \$.00021 per watt. It may seem like a small amount, but how much money would your daily wattage usage add up to? (Multiply \$.00021 x your total daily wattage.)

The average US household uses about 30,000 watts per day. Is your daily wattage usage more or less?

Do you think there are ways you can use less energy every day? How?

Name: _____

Appliance	Wattage
Clothes washer	425 watts
Clothes dryer	3400 watts
Dishwasher	1800 watts
Window fan	70 watts
Ceiling fan	120 watts
Central air conditioner	3500 watts
Window air conditioner	1170 watts
Hair dryer	1540 watts
Laptop	50 watts
Desktop computer	120 watts
Computer monitor	150 watts
DVD player	20 watts
Video game	36 watts
Clock radio	2 watts
Television	135 watts
iPhone charging	5 watts
iPad charging	12 watts
Toaster	1100 watts
Microwave	925 watts
Electric stove	2000 watts
Oven	2000 watts
Iron	1100 watts
Coffee maker	1050 watts
Space heater	5000 watts
Cable box	140 watts
CD player	7 watts
Vacuum cleaner	800 watts
Refrigerator	110 watts
1 light bulb	60 watts

If you can safely look at the labels on your appliances, look for the wattage in W. See the circles on the examples below:

