



HOME ENERGY CHECK

Normal Week

Name: _____

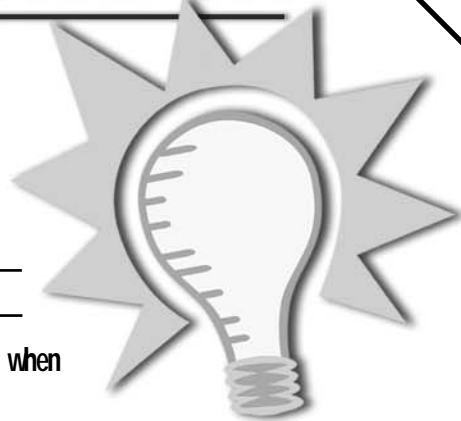
Town: _____

Meter Readings:

Monday morning: _____ Time taken: _____

Friday Afternoon: _____ Time taken: _____

Carry out a SPOTCHECK one evening to see if any appliances have been left on when not being used or left on Standby.



APPLIANCE	Living Room	Dining Room	Kitchen	Bathroom	Bedroom 1	Bedroom 2	Bedroom 3
LIGHTS							
TV							
VIDEO/DVD PLAYER							
COMPUTER							
CHARGERS							
OTHER							

SWITCH IT OFF WEEK CHECKLIST

- No appliances are left on when not being used. No appliances are left on STANDBY (often a little red light is on).
- Meter readings are taken at the same time of the day and week as during your 'Normal Week' of energy use.

Switch it off Week

Meter Readings:

Monday morning: _____ Time taken: _____

Friday Afternoon: _____ Time taken: _____

Carry out a SPOTCHECK one evening to see if any appliances have been left on when not being used or left on Standby.

APPLIANCE	Living Room	Dining Room	Kitchen	Bathroom	Bedroom 1	Bedroom 2	Bedroom 3
LIGHTS							
TV							
VIDEO/DVD PLAYER							
COMPUTER							
CHARGERS							
OTHER							

How many units of energy have we used?

WHICH WEEK	Monday morning reading	Friday afternoon reading	Number of Units used
NORMAL WEEK			
'SWITCH IT OFF' WEEK			
UNITS SAVED (NORMAL WEEK TOTAL - 'SWITCH IT OFF' WEEK TOTAL)			



For energy saving tips and more information on the 'Switch It Off' campaign visit www.worcestershire.gov.uk/switchitoff