Weekly Energy-Saving Habit Tracker

Follow this tracker to note any weekly routines that might be adding to your utility bill. Once you establish when and where you use the most energy, you can make a plan to create a more environmentally friendly home.

Check off days of the week when you noticed any behaviors listed below, and use the "Notes" column to list information that will help you form more energy-efficient habits, like how many times you performed a given behavior.

Behavior	S	M	T	W	Th	F	S	Notes
Kitchen								
Noticed the refrigerator is too empty or too full								
Noticed ice buildup in the freezer (more than ¼ inch)								
Opened the refrigerator door too long								
Boiled water on the stove								
Used the kitchen vent when not cooking								
Cooked meals in the oven								
Opened oven for just a look								
Ran the dishwasher								Ran under capacity?

Behavior	S	M	T	W	Th	F	S	Notes
Laundry Room								
Ran loads of laundry								How many total loads?
Ran loads that were too full								
Ran loads that were too empty								
Used hot water								
Did laundry during peak hours Winter: 7–11 a.m. Summer: 4–8 p.m.								
Used the dryer								How many total loads?

Behavior	S	M	T	W	Th	F	S	Notes
Entire House								
Charged electronics overnight								Which ones?
Left lights on when not in the room								Which rooms?
Left computer on overnight								
Left TV on overnight								
Set the thermostat: Cooler than 78°F in the summer Warmer than 68°F degrees in the winter								What temperature?