Check Out Energy Savings Worksheet

EnergyTrust of Oregon

Estimated monthly kWh							
Device	**Number of kWh used in 1 hour**	**x**	**Average hours used per day**	**x**	**Average days used per month**	**=**	**Monthly kWh**
Example: TV	*0.12*	*x*	*3*	*x*	*20*	*=*	*7.2*
TV		x		x		=	
DVD/VCR		x		x		=	
Cable box		x		x		=	
Video game system		x		x		=	
Modem or router		x		x		=	
Stereo equipment		x		x		=	
Lamp		x		x		=	
Microwave		x		x		=	
Other kitchen appliance		x		x		=	
Cell phone or battery charger		x		x		=	
Hair dryer		x		x		=	
Computer		x		x		=	
Printer		x		x		=	
		x		x		=	
		x		x		=	
		x		x		=	
		x		x		=	
		x		x		=	
		x		x		=	
		x		x		=	
		x		x		=	
		x		x		=	
		x		x		=	

Estimated monthly cost					
Device	**Monthly kWh**	**x**	**Utility bill rate***	**=**	**Monthly energy costs**
TV		x		=	
DVD/VCR		x		=	
Cable box		x		=	
Video game system		x		=	
Modem or router		x		=	
Stereo equipment		x		=	
Lamp		x		=	
Microwave		x		=	
Other kitchen appliance		x		=	
Cell phone or battery charger		x		=	
Hair dryer		x		=	
Computer		x		=	
Printer		x		=	
		x		=	
		x		=	
		x		=	
		x		=	
		x		=	
		x		=	
		x		=	
		x		=	

*Refer to your electric utility bill or contact your local utility to determine your billing rate.