

POWER METER – INSTANT POWER CONSUMPTION

	POWER CONSUMPTION (W)		COST (\$)		CARBON DIOXIDE EMISSIONS (KG)	
	On	Standby	On	Standby	On	Standby
Fridge						
Freezer						
Dishwasher						
Electric jug						
Microwave						
Oven						
Stove						
Washing machine						

Home Health Self-Assessment Kit – Record sheets

Dryer						
Vacuum cleaner						
Heaters						
TV						
Computer						
Smartphone charger						
Spa pool						
Other 1						
Other 2						
Other 3						
Other 4						

POWER METER – CUMULATIVE POWER CONSUMPTION (OVER 48 HOURS)

	POWER CONSUMPTION (W)			COST (\$)			CARBON DIOXIDE EMISSIONS (KG)		
	Reading before (A)	Reading after (B)	Cumulative =A-B	Reading before (A)	Reading after (B)	Cumulative =A-B	Reading before (A)	Reading after (B)	Cumulative =A-B
Fridge									
Freezer									
Dishwasher									
Electric jug									
Microwave									
Oven									
Stove									
Washing machine									

Home Health Self-Assessment Kit – Record sheets

Dryer									
Vacuum cleaner									
Heaters									
TV									
Computer									
Smartphone charger									
Spa pool									
Other 1									
Other 2									
Other 3									
Other 4									