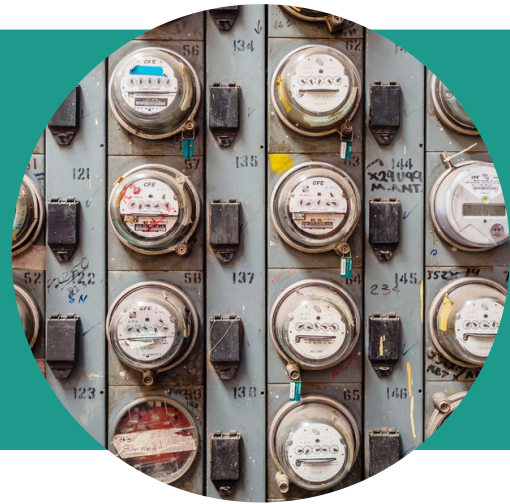


Changing Our Ways

Energy Revealed
Learner Worksheet
Grade Level: 4-7



Charting Energy Worksheet

Name: _____ Chart: _____ Date: _____

Instructions: Use this chart to track all the ways that you use energy during your day. Also write down the amount of time for each energy use. Leave the other columns empty for now. If you need more space, use the back of this page.

Column:		A	B	C
Energy Item	Day: _____ Length of Time Used		Day: _____ Length of Time Used	
Example: TV	2 hours			