

# Track Your Results

Print your own Take Charge Kill a Watt Meter Brochure  
[jcecoop.com/kill-watt-meters](http://jcecoop.com/kill-watt-meters)

| Appliance                          | A.             | B.                                      | C.                 | D.                                      | E.   | F.  | G.  |
|------------------------------------|----------------|---|--------------------|---|--|---|---|
|                                    | Watts consumed | Calculate kW demand<br>$A \div 1,000 =$ | Hours used per Day | Calculate kWh per Day<br>$B \times C =$ | Calculate kWh per Month<br>$D \times 30.4 =$ | Calculate kWh per Year<br>$E \times 12 =$ | Calculate lbs. of CO <sub>2</sub> per Year<br>$F \times 1.45 =$ |
| <b>EXAMPLE APPLIANCE</b>           |                |   |                    |   |  |   |   |
| While ON<br>Cost = kWh x \$0.154*  | 20 watts       | → 0.02 kW                               | → 3.0 hrs.         | → 0.06 kWh<br>\$0.009                   | → 1.82 kWh<br>\$0.28                         | → 21.89 kWh<br>\$3.37                     | → 31.74 lbs. of CO <sub>2</sub>                                 |
| While OFF<br>Cost = kWh x \$0.154* | 8 watts        | → 0.01 kW                               | → 21.0 hrs.        | → 0.17 kWh<br>\$0.026                   | → 5.11 kWh<br>\$0.79                         | → 61.29 kWh<br>\$9.44                     | → 88.87 lbs. of CO <sub>2</sub>                                 |
| <b>Television:</b>                 |                |   |                    |   |  |   |   |
| While ON<br>Cost = kWh x \$0.154*  | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| While OFF<br>Cost = kWh x \$0.154* | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| <b>Refrigerator:</b>               |                |   |                    |   |  |   |   |
| While ON<br>Cost = kWh x \$0.154*  | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| While OFF<br>Cost = kWh x \$0.154* | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| <b>Cable Box:</b>                  |                |   |                    |   |  |   |   |
| While ON<br>Cost = kWh x \$0.154*  | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| While OFF<br>Cost = kWh x \$0.154* | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| <b>Appliance: _____</b>            |                |   |                    |   |  |   |   |
| While ON<br>Cost = kWh x \$0.154*  | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| While OFF<br>Cost = kWh x \$0.154* | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| <b>Appliance: _____</b>            |                |   |                    |   |  |   |   |
| While ON<br>Cost = kWh x \$0.154*  | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| While OFF<br>Cost = kWh x \$0.154* | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| <b>Appliance: _____</b>            |                |   |                    |   |  |   |   |
| While ON<br>Cost = kWh x \$0.154*  | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |
| While OFF<br>Cost = kWh x \$0.154* | _____          | → _____                                 | → _____            | → _____<br>\$ _____                     | → _____<br>\$ _____                          | → _____<br>\$ _____                       | → _____ lbs. of CO <sub>2</sub>                                 |

\*The current cost is \$0.154 per kWh. Residential rates can vary over time. To calculate your own electric rate, add all of your annual bills and subtract monthly fixed charges that are not based on kWh. Electric rates can also be found on [www.jcecoop.com](http://www.jcecoop.com).

**JCE Co-op provides additional tools for analyzing and reducing energy consumption.  
 Please check out the Inspector Watts Program at [jcecoop.com/inspector-watts](http://jcecoop.com/inspector-watts).**