



ASSIST
2GETHER

ENERGY DIARY



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asiantaeth ynni
SevernWye
energy agency



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 754051

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MY ELECTRICITY DIARY

	Week (Record the date the week begins on as marked on your IHD. For example, if the week starts on Monday 2 November 2018 record 2/11/18 in the space below.)	Cost (£)
EXAMPLE	2/11/18	£12.98
1.		
2.		
3.		
4.		
5.		
6.		

	Month	Cost (£)
EXAMPLE	OCTOBER	£50.13
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

My [select: daily / weekly / monthly] electricity budget for [record month]
_____ is £ _____

My top two electricity saving actions to help meet this budget are:

1. _____
2. _____

MY GAS DIARY

	Week (Record the date the week begins on as marked on your IHD. For example, if the week starts on Monday 2 November 2018 record 2/11/18 in the space below.)	Cost (£)
EXAMPLE	2/11/18	£17.98
1.		
2.		
3.		
4.		
5.		
6.		

	Month	Cost (£)
EXAMPLE	OCTOBER	£70.03
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

My [select: daily / weekly / monthly] electricity budget for [record month]
 _____ is £ _____

My top two electricity saving actions to help meet this budget are:

1. _____
2. _____

