

Daily Timeline Worksheet

Central Question: *How much of our life depends on electricity?*

In this activity, you will identify the daily and occasional activities in your life that require electricity. Your responses will help us understand patterns of electricity usage and its importance in everyday life.

Instructions:

1. List Activities that Require Electricity

- Consider all the ways you use electricity in your daily life.
- Think about both active and passive electricity use.
 - Daily or Easy Identifiable Activities:
 - Charging devices (phone, laptop, electric car, smartwatch)
 - Using the internet (Wi-Fi, online work, streaming, gaming)
 - Lighting (indoor/outdoor lights, reading lamps)
 - Cooking (microwave, stove, oven, toaster, coffee maker)
 - Climate control (air conditioning, heater, fan, humidifier)
 - Preserving food (refrigerator, freezer)
 - Water heating (shower, dishwashing, laundry)
 - Medical devices (CPAP machine, hearing aid chargers)
 - Cleaning (vacuuming, dishwasher, washing machine, dryer)
 - Entertainment (TV, music, gaming consoles)
 - News and communication (radio, smart speakers)
 - Fitness appliances (treadmill, peloton, bike)
 - Occasional or Passive Activities:
 - Security (alarm systems, smart locks, security cameras)
 - Water pumps (for homes with wells or irrigation systems)
 - Background appliances (humidifiers, dehumidifiers, air purifiers)
 - Home (garage doors, automatic blinds)
 - Pets (automatic feeder, light)

2. Categorize the Activities by Day of the Week

- Assign each activity to a specific day (Monday to Sunday) or mark it as an "Everyday" activity.

3. Assign Each Activity to the Appropriate Timeframe

- Choose the most relevant timeframe for when you perform each activity [Overnight / Early Morning (12:00am-5:59am); Morning (6am-11:59am); Afternoon (12:00pm-4:59pm); Evening (5:00pm-11:59pm)]

4. List The Three Most Important Activities For You & Answer Posted Questions Posted (Last Page).

	Overnight/Early Morning (12:00am-5:59am)	Morning (6am-11:59am)	Afternoon (12:00pm-4:59pm)	Evening (5:00pm-11:59pm)
Monday				
Tuesday				

	Overnight/Early Morning (12:00am-5:59am)	Morning (6am-11:59am)	Afternoon (12:00pm-4:59pm)	Evening (5:00pm-11:59pm)
Wednesday				
Thursday				

	Overnight/Early Morning (12:00am-5:59am)	Morning (6am-11:59am)	Afternoon (12:00pm-4:59pm)	Evening (5:00pm-11:59pm)
Friday				
Saturday				

	Overnight/Early Morning (12:00am-5:59am)	Morning (6am-11:59am)	Afternoon (12:00pm-4:59pm)	Evening (5:00pm-11:59pm)
Sunday				
Everyday				

Three Most Important Activities for Me

1-

- When You'd Notice It
- When It Would Seriously Impact You

2-

- When You'd Notice It
- When It Would Seriously Impact You

3-

- When You'd Notice It
- When It Would Seriously Impact You