

# The PowerGuardian Home Energy Record

*Your household workbook for tracking energy use, costs, tariffs and home-energy equipment*

This workbook covers:

- Monthly meter readings
- Electricity and gas consumption
- Bills, payments and account balances
- Tariff renewal reminders
- Supplier contact records
- Energy improvements
- Solar, battery and EV tracking
- Annual household review
- Important dates and renewals
- Document and warranty register

|                                     |                     |
|-------------------------------------|---------------------|
| <b>Household name</b>               |                     |
| <b>Property address</b>             |                     |
| <b>Record period</b>                | From _____ to _____ |
| <b>Electricity supplier</b>         |                     |
| <b>Gas supplier (if applicable)</b> |                     |

**Produced by PowerGuardian.co.uk**  
Independent UK energy information for households

<https://powerguardian.co.uk>

# How to Use This Workbook

## A few minutes each month can create a valuable household energy record

This workbook helps you build a complete and accurate picture of your household's energy use over time. Whether you complete it on a computer, tablet, or by hand, a consistent monthly routine will give you the information you need to manage your energy costs with confidence.

### This workbook helps you to:

- Monitor actual energy use month by month
- Identify unusual changes in consumption
- Check bills against meter readings
- Keep tariff information in one place
- Monitor account credit or arrears
- Record Direct Debit changes
- Prepare for tariff renewal
- Measure the results of energy improvements
- Monitor solar, battery and EV performance
- Organise evidence if a billing problem occurs

 **Important:** Your monthly Direct Debit is a payment towards your energy account. It is not necessarily the cost of the energy used during that month.

### Choose approximately the same date each month to:

- Record all electricity-meter registers
- Record the gas-meter reading, where applicable
- Save photographs of the meters
- Check the latest bill or account balance
- Record any tariff or Direct Debit change
- Add solar, battery and EV figures where relevant
- Note unusual circumstances affecting consumption

|                                                |  |
|------------------------------------------------|--|
| <b>My usual monthly recording date</b>         |  |
| <b>Where I save meter photographs</b>          |  |
| <b>Where I keep bills and tariff documents</b> |  |

# Household Energy Profile

## Property

|                                   |  |
|-----------------------------------|--|
| <b>Address</b>                    |  |
| <b>Postcode</b>                   |  |
| <b>Property type</b>              |  |
| <b>Approximate year built</b>     |  |
| <b>Number of bedrooms</b>         |  |
| <b>Number of occupants</b>        |  |
| <b>Usual occupancy pattern</b>    |  |
| <b>Floor area (if known)</b>      |  |
| <b>EPC rating (if known)</b>      |  |
| <b>EPC expiry date (if known)</b> |  |

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## Heating and Hot Water

|                                                |          |
|------------------------------------------------|----------|
| <b>Main heating type</b>                       |          |
| <b>Boiler or heating-system make and model</b> |          |
| <b>Installation date (if known)</b>            |          |
| <b>Hot-water system</b>                        |          |
| <b>Heating controls</b>                        |          |
| <b>Smart thermostat fitted?</b>                | Yes / No |
| <b>Secondary heating used</b>                  |          |

# Household Energy Features

Tick all that apply to your property.

- |                                                              |                                                 |
|--------------------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Solar panels                        | <input type="checkbox"/> Smart meter            |
| <input type="checkbox"/> Home battery                        | <input type="checkbox"/> In-home display        |
| <input type="checkbox"/> Electric vehicle                    | <input type="checkbox"/> Export tariff          |
| <input type="checkbox"/> EV home charger                     | <input type="checkbox"/> Time-of-use tariff     |
| <input type="checkbox"/> Heat pump                           | <input type="checkbox"/> Other (describe below) |
| <input type="checkbox"/> Electric immersion heater           |                                                 |
| <input type="checkbox"/> Economy 7 or multi-rate electricity |                                                 |

|                                |  |
|--------------------------------|--|
| <b>Other (please describe)</b> |  |
|--------------------------------|--|

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## Circumstances that may affect energy use

Use this space to note relevant circumstances, such as home working, additional occupants, extensions, electric heating supplements, or medically necessary equipment.

# Electricity Supplier and Account Details

|                                |          |
|--------------------------------|----------|
| Supplier                       |          |
| Account number                 |          |
| Supplier website               |          |
| Online account address         |          |
| Customer-service contact route |          |
| Emergency information location |          |
| Payment method                 |          |
| MPAN                           |          |
| Meter serial number            |          |
| Smart meter?                   | Yes / No |
| Tariff name                    |          |
| Tariff type                    |          |
| Tariff start date              |          |
| Tariff end date                |          |
| Exit fee                       |          |
| Renewal or review date         |          |

## Priority Services Register

|                         |  |
|-------------------------|--|
| Registered? (Yes / No)  |  |
| Services registered for |  |



**Security reminder:** Never record online passwords, payment-card information or complete bank details in this workbook.

# Gas Supplier and Account Details

*Complete this section only if the property uses mains gas.*

|                                       |                                                                                                         |
|---------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>Supplier</b>                       |                                                                                                         |
| <b>Account number</b>                 |                                                                                                         |
| <b>Supplier website</b>               |                                                                                                         |
| <b>Online account address</b>         |                                                                                                         |
| <b>Customer-service contact route</b> |                                                                                                         |
| <b>Emergency information location</b> | National Gas Emergency Service: 0800 111 999 — confirm your supplier's own emergency contact separately |
| <b>Payment method</b>                 |                                                                                                         |
| <b>MPRN</b>                           |                                                                                                         |
| <b>Meter serial number</b>            |                                                                                                         |
| <b>Smart meter?</b>                   | Yes / No                                                                                                |
| <b>Tariff name</b>                    |                                                                                                         |
| <b>Tariff type</b>                    |                                                                                                         |
| <b>Tariff start date</b>              |                                                                                                         |
| <b>Tariff end date</b>                |                                                                                                         |
| <b>Exit fee</b>                       |                                                                                                         |
| <b>Renewal or review date</b>         |                                                                                                         |

## Priority Services Register – Gas

|                                |  |
|--------------------------------|--|
| <b>Registered? (Yes / No)</b>  |  |
| <b>Services registered for</b> |  |



**Security reminder:** Never record online passwords, payment-card information or complete bank details in this workbook.

# Current Tariff Record

## Record the rates – not merely the quoted monthly payment

Use the rates shown in your tariff confirmation or bill. A supplier's suggested monthly Direct Debit is not a substitute for comparing unit rates, standing charges and annual kWh. Unit rates are shown in pence per kWh. Standing charges are shown in pence per day. Exit fees are shown in pounds.

| Fuel or register       | Unit rate (p/kWh) | Standing charge (p/day) | Rates include VAT? | Start date | End date | Exit fee (£) |
|------------------------|-------------------|-------------------------|--------------------|------------|----------|--------------|
| Electricity            |                   |                         | Yes / No           |            |          |              |
| Electricity day rate   |                   |                         | Yes / No           |            |          |              |
| Electricity night rate |                   |                         | Yes / No           |            |          |              |
| Gas                    |                   |                         | Yes / No           |            |          |              |
| Additional register    |                   |                         | Yes / No           |            |          |              |

|                            |  |
|----------------------------|--|
| Tariff name                |  |
| Fixed or variable          |  |
| Tariff length              |  |
| Payment method             |  |
| Smart-meter requirement    |  |
| Special conditions         |  |
| Account credit or discount |  |
| Date rates checked         |  |
| Next tariff review date    |  |

## My Tariff Action Dates

|                                                             |          |
|-------------------------------------------------------------|----------|
| Review tariffs from                                         |          |
| Tariff ends on                                              |          |
| Exit-fee-free switching period (if confirmed with supplier) |          |
| Reminder set?                                               | Yes / No |
| Next review date                                            |          |

Confirm the applicable exit-fee and switching terms directly with your supplier. Do not rely on general guidance as terms vary between suppliers and tariffs.

# Starting Energy Position

Record your energy position at the start of this workbook. This gives you a baseline against which to measure future consumption and costs.

|                                     |          |
|-------------------------------------|----------|
| Date recorded                       |          |
| Electricity meter reading           |          |
| Electricity reading type            |          |
| Electricity meter photograph saved? | Yes / No |
| Gas meter reading                   |          |
| Gas reading type                    |          |
| Gas meter photograph saved?         | Yes / No |
| Account credit or debit at start    | £        |
| Monthly Direct Debit                | £        |
| Estimated annual electricity use    | kWh      |
| Estimated annual gas use            | kWh      |
| Estimated annual cost               | £        |
| Source of annual estimate           |          |

## My main reason for keeping this record

- |                                                     |                                                        |
|-----------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Understand my consumption  | <input type="checkbox"/> Monitor a home battery        |
| <input type="checkbox"/> Check my energy bills      | <input type="checkbox"/> Monitor EV charging           |
| <input type="checkbox"/> Reduce avoidable waste     | <input type="checkbox"/> Measure an energy improvement |
| <input type="checkbox"/> Review my Direct Debit     | <input type="checkbox"/> Prepare for tariff renewal    |
| <input type="checkbox"/> Compare tariffs accurately | <input type="checkbox"/> Other (describe below)        |
| <input type="checkbox"/> Monitor solar panels       |                                                        |

|                        |  |
|------------------------|--|
| My target for the year |  |
|------------------------|--|

*Set a realistic target that accounts for weather, occupancy and any planned changes to the home or household. Avoid comparing different types of year directly without noting the relevant differences.*

# My January Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual reading C = Customer reading S = Smart-meter reading R = Supplier reading E = Estimated reading

## Monthly Usage

|                                               |                                |
|-----------------------------------------------|--------------------------------|
| Electricity used                              | kWh                            |
| Electricity day use                           | kWh                            |
| Electricity night use                         | kWh                            |
| Gas used                                      | kWh                            |
| Number of days covered                        |                                |
| Average electricity use per day               | kWh                            |
| Average gas use per day                       | kWh                            |
| Compared with January last year — electricity | Higher / Lower / Not available |
| Compared with January last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My February Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                                |                                |
|------------------------------------------------|--------------------------------|
| Electricity used                               | kWh                            |
| Electricity day use                            | kWh                            |
| Electricity night use                          | kWh                            |
| Gas used                                       | kWh                            |
| Number of days covered                         |                                |
| Average electricity use per day                | kWh                            |
| Average gas use per day                        | kWh                            |
| Compared with February last year — electricity | Higher / Lower / Not available |
| Compared with February last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My March Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                             |                                |
|---------------------------------------------|--------------------------------|
| Electricity used                            | kWh                            |
| Electricity day use                         | kWh                            |
| Electricity night use                       | kWh                            |
| Gas used                                    | kWh                            |
| Number of days covered                      |                                |
| Average electricity use per day             | kWh                            |
| Average gas use per day                     | kWh                            |
| Compared with March last year — electricity | Higher / Lower / Not available |
| Compared with March last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My April Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                             |                                |
|---------------------------------------------|--------------------------------|
| Electricity used                            | kWh                            |
| Electricity day use                         | kWh                            |
| Electricity night use                       | kWh                            |
| Gas used                                    | kWh                            |
| Number of days covered                      |                                |
| Average electricity use per day             | kWh                            |
| Average gas use per day                     | kWh                            |
| Compared with April last year — electricity | Higher / Lower / Not available |
| Compared with April last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My May Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                           |                                |
|-------------------------------------------|--------------------------------|
| Electricity used                          | kWh                            |
| Electricity day use                       | kWh                            |
| Electricity night use                     | kWh                            |
| Gas used                                  | kWh                            |
| Number of days covered                    |                                |
| Average electricity use per day           | kWh                            |
| Average gas use per day                   | kWh                            |
| Compared with May last year — electricity | Higher / Lower / Not available |
| Compared with May last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My June Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                            |                                |
|--------------------------------------------|--------------------------------|
| Electricity used                           | kWh                            |
| Electricity day use                        | kWh                            |
| Electricity night use                      | kWh                            |
| Gas used                                   | kWh                            |
| Number of days covered                     |                                |
| Average electricity use per day            | kWh                            |
| Average gas use per day                    | kWh                            |
| Compared with June last year — electricity | Higher / Lower / Not available |
| Compared with June last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My July Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                            |                                |
|--------------------------------------------|--------------------------------|
| Electricity used                           | kWh                            |
| Electricity day use                        | kWh                            |
| Electricity night use                      | kWh                            |
| Gas used                                   | kWh                            |
| Number of days covered                     |                                |
| Average electricity use per day            | kWh                            |
| Average gas use per day                    | kWh                            |
| Compared with July last year — electricity | Higher / Lower / Not available |
| Compared with July last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My August Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                              |                                |
|----------------------------------------------|--------------------------------|
| Electricity used                             | kWh                            |
| Electricity day use                          | kWh                            |
| Electricity night use                        | kWh                            |
| Gas used                                     | kWh                            |
| Number of days covered                       |                                |
| Average electricity use per day              | kWh                            |
| Average gas use per day                      | kWh                            |
| Compared with August last year — electricity | Higher / Lower / Not available |
| Compared with August last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My September Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                                 |                                |
|-------------------------------------------------|--------------------------------|
| Electricity used                                | kWh                            |
| Electricity day use                             | kWh                            |
| Electricity night use                           | kWh                            |
| Gas used                                        | kWh                            |
| Number of days covered                          |                                |
| Average electricity use per day                 | kWh                            |
| Average gas use per day                         | kWh                            |
| Compared with September last year — electricity | Higher / Lower / Not available |
| Compared with September last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My October Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                               |                                |
|-----------------------------------------------|--------------------------------|
| Electricity used                              | kWh                            |
| Electricity day use                           | kWh                            |
| Electricity night use                         | kWh                            |
| Gas used                                      | kWh                            |
| Number of days covered                        |                                |
| Average electricity use per day               | kWh                            |
| Average gas use per day                       | kWh                            |
| Compared with October last year — electricity | Higher / Lower / Not available |
| Compared with October last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final amount                 | £ |

# My November Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                                |                                |
|------------------------------------------------|--------------------------------|
| Electricity used                               | kWh                            |
| Electricity day use                            | kWh                            |
| Electricity night use                          | kWh                            |
| Gas used                                       | kWh                            |
| Number of days covered                         |                                |
| Average electricity use per day                | kWh                            |
| Average gas use per day                        | kWh                            |
| Compared with November last year — electricity | Higher / Lower / Not available |
| Compared with November last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# My December Energy Record

## Meter Readings

| Fuel or register    | Reading date | Previous reading | Current reading | Reading type | Difference (kWh) | Meter photo saved? |
|---------------------|--------------|------------------|-----------------|--------------|------------------|--------------------|
| Electricity         |              |                  |                 |              |                  | Yes / No           |
| Electricity day     |              |                  |                 |              |                  | Yes / No           |
| Electricity night   |              |                  |                 |              |                  | Yes / No           |
| Gas                 |              |                  |                 |              |                  | Yes / No           |
| Additional register |              |                  |                 |              |                  | Yes / No           |

**Reading type key:** A = Physical actual C = Customer S = Smart-meter R = Supplier E = Estimated

## Monthly Usage

|                                                |                                |
|------------------------------------------------|--------------------------------|
| Electricity used                               | kWh                            |
| Electricity day use                            | kWh                            |
| Electricity night use                          | kWh                            |
| Gas used                                       | kWh                            |
| Number of days covered                         |                                |
| Average electricity use per day                | kWh                            |
| Average gas use per day                        | kWh                            |
| Compared with December last year — electricity | Higher / Lower / Not available |
| Compared with December last year — gas         | Higher / Lower / Not available |

## Context this month

- ☐ Colder than usual
- ☐ Warmer than usual
- ☐ More people at home
- ☐ Fewer people at home
- ☐ Holiday or property unoccupied
- ☐ Working from home
- ☐ New appliance
- ☐ Heating-system change
- ☐ EV charging changed
- ☐ Solar or battery change
- ☐ Other (note below)

## Bill and Account

|                              |   |
|------------------------------|---|
| Bill or statement date       |   |
| Billing period               |   |
| Actual or estimated bill     |   |
| Electricity charge           | £ |
| Gas charge                   | £ |
| Standing charges             | £ |
| VAT                          | £ |
| Other charges or adjustments | £ |
| Final payment                | £ |

# Annual Energy-Use Summary

Transfer the monthly totals from your individual monthly record sheets to build a complete annual picture. Include an A = Actual or E = Estimated indicator for each month.

| Month               | Electricity opening reading | Electricity closing reading | Electricity used (kWh) | Gas opening reading | Gas closing reading | Gas used (kWh) | Actual or estimated |
|---------------------|-----------------------------|-----------------------------|------------------------|---------------------|---------------------|----------------|---------------------|
| January             |                             |                             |                        |                     |                     |                |                     |
| February            |                             |                             |                        |                     |                     |                |                     |
| March               |                             |                             |                        |                     |                     |                |                     |
| April               |                             |                             |                        |                     |                     |                |                     |
| May                 |                             |                             |                        |                     |                     |                |                     |
| June                |                             |                             |                        |                     |                     |                |                     |
| July                |                             |                             |                        |                     |                     |                |                     |
| August              |                             |                             |                        |                     |                     |                |                     |
| September           |                             |                             |                        |                     |                     |                |                     |
| October             |                             |                             |                        |                     |                     |                |                     |
| November            |                             |                             |                        |                     |                     |                |                     |
| December            |                             |                             |                        |                     |                     |                |                     |
| <b>Annual total</b> |                             |                             |                        |                     |                     |                |                     |

|                                             |     |
|---------------------------------------------|-----|
| <b>Total annual electricity consumption</b> | kWh |
| <b>Total annual gas consumption</b>         | kWh |
| <b>Highest electricity-use month</b>        |     |
| <b>Lowest electricity-use month</b>         |     |
| <b>Highest gas-use month</b>                |     |
| <b>Lowest gas-use month</b>                 |     |
| <b>Months based on estimated readings</b>   |     |
| <b>Missing readings</b>                     |     |

# Annual Consumption Graphs

Use the grids below to plot your monthly electricity and gas consumption. Mark each month along the horizontal axis and draw your own scale on the vertical axis based on your highest monthly figure. No data has been pre-filled.

## Monthly Electricity Consumption (kWh)

|       |     |     |     |     |     |     |     |     |     |     |     |     |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|       |     |     |     |     |     |     |     |     |     |     |     |     |
|       |     |     |     |     |     |     |     |     |     |     |     |     |
|       |     |     |     |     |     |     |     |     |     |     |     |     |
|       |     |     |     |     |     |     |     |     |     |     |     |     |
|       |     |     |     |     |     |     |     |     |     |     |     |     |
| Scale | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |

## Monthly Gas Consumption (kWh)

|       |     |     |     |     |     |     |     |     |     |     |     |     |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|       |     |     |     |     |     |     |     |     |     |     |     |     |
|       |     |     |     |     |     |     |     |     |     |     |     |     |
|       |     |     |     |     |     |     |     |     |     |     |     |     |
|       |     |     |     |     |     |     |     |     |     |     |     |     |
|       |     |     |     |     |     |     |     |     |     |     |     |     |
| Scale | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |

Set your own vertical scale based on your highest monthly consumption figure. Write the scale values in the left-hand column.

# Direct Debit and Account Balance

 A change in Direct Debit does not by itself show that household consumption has increased or decreased. Check the kWh used, tariff rates, account balance and any debt repayment before accepting or querying a change.

| Month     | Direct Debit collected | Energy charges added | Credit or debit at month end | Change requested by supplier | Reason given | Action taken |
|-----------|------------------------|----------------------|------------------------------|------------------------------|--------------|--------------|
| January   | £                      | £                    | £                            |                              |              |              |
| February  | £                      | £                    | £                            |                              |              |              |
| March     | £                      | £                    | £                            |                              |              |              |
| April     | £                      | £                    | £                            |                              |              |              |
| May       | £                      | £                    | £                            |                              |              |              |
| June      | £                      | £                    | £                            |                              |              |              |
| July      | £                      | £                    | £                            |                              |              |              |
| August    | £                      | £                    | £                            |                              |              |              |
| September | £                      | £                    | £                            |                              |              |              |
| October   | £                      | £                    | £                            |                              |              |              |
| November  | £                      | £                    | £                            |                              |              |              |
| December  | £                      | £                    | £                            |                              |              |              |

|                                         |   |
|-----------------------------------------|---|
| Direct Debit at start of year           | £ |
| Direct Debit at end of year             | £ |
| Lowest account balance during the year  | £ |
| Highest account balance during the year | £ |
| Refund received                         | £ |
| Debt repayment included in payments     | £ |
| Unexplained adjustment                  | £ |

# Direct Debit Review Checklist

Use this checklist before accepting, querying or requesting a change to your Direct Debit. Tick each item once you have verified it.

- ☐ Supplier used up-to-date actual meter readings
  - ☐ Annual consumption estimate checked against my recorded kWh
  - ☐ Current tariff rates checked (unit rate and standing charge)
  - ☐ Account balance checked and understood
  - ☐ Existing debt or credit identified and accounted for
  - ☐ Seasonal usage considered (higher winter, lower summer)
  - ☐ Supplier's calculation requested and reviewed
  - ☐ New payment amount appears affordable and reasonable
  - ☐ Review date recorded
- 

## Notes on Direct Debit review

# Supplier Contact Log

Record every contact with your supplier. Request a complaint or case reference number for all significant queries and retain copies of any correspondence. Always note what was agreed and set a deadline for follow-up.

| Date | Supplier | Contact method | Person or department | Reference number | Reason for contact | What was agreed | Action deadline | Outcome |
|------|----------|----------------|----------------------|------------------|--------------------|-----------------|-----------------|---------|
|      |          |                |                      |                  |                    |                 |                 |         |
|      |          |                |                      |                  |                    |                 |                 |         |
|      |          |                |                      |                  |                    |                 |                 |         |
|      |          |                |                      |                  |                    |                 |                 |         |
|      |          |                |                      |                  |                    |                 |                 |         |
|      |          |                |                      |                  |                    |                 |                 |         |
|      |          |                |                      |                  |                    |                 |                 |         |

## Evidence supplied or retained

- ☐ Meter photograph
- ☐ Meter reading
- ☐ Bill or statement
- ☐ Tariff confirmation
- ☐ Payment evidence
- ☐ Moving or switching information
- ☐ Solar export statement
- ☐ Other (describe below)

|                           |                       |
|---------------------------|-----------------------|
| <b>Outstanding action</b> | <b>Follow-up date</b> |
|---------------------------|-----------------------|

# Home Energy Improvements

Record improvements as you complete them. Use appropriately qualified installers where required. Do not undertake electrical, gas or structural work unless legally permitted and competent to do so.

| Improvement              | Date completed | Installer or DIY | Cost | Grant or support | Expected benefit | Meter reading before | Documents retained |
|--------------------------|----------------|------------------|------|------------------|------------------|----------------------|--------------------|
| Loft insulation          |                |                  | £    |                  |                  |                      | Yes / No           |
| Cavity wall insulation   |                |                  | £    |                  |                  |                      | Yes / No           |
| Draught proofing         |                |                  | £    |                  |                  |                      | Yes / No           |
| Heating controls         |                |                  | £    |                  |                  |                      | Yes / No           |
| Boiler replacement       |                |                  | £    |                  |                  |                      | Yes / No           |
| Heat pump                |                |                  | £    |                  |                  |                      | Yes / No           |
| Double or triple glazing |                |                  | £    |                  |                  |                      | Yes / No           |
| Solar panels             |                |                  | £    |                  |                  |                      | Yes / No           |
| Home battery             |                |                  | £    |                  |                  |                      | Yes / No           |
| EV charger               |                |                  | £    |                  |                  |                      | Yes / No           |
| LED lighting             |                |                  | £    |                  |                  |                      | Yes / No           |
| Appliance replacement    |                |                  | £    |                  |                  |                      | Yes / No           |
| Other                    |                |                  | £    |                  |                  |                      | Yes / No           |

## Improvement results – before and after comparison

Compare similar periods (same season, similar occupancy) to measure the effect of an improvement. Note any differences in weather, tariff, occupancy and comfort that may affect the comparison.

| Improvement described | Period before | Period after | Notable differences |
|-----------------------|---------------|--------------|---------------------|
|-----------------------|---------------|--------------|---------------------|

# Solar Generation and Export

Complete this section only if the property has solar panels.

## System information

|                                |  |
|--------------------------------|--|
| Panel make and model           |  |
| Inverter make and model        |  |
| Total installed capacity (kWp) |  |
| Installation date              |  |
| Installer                      |  |
| Export tariff name and rate    |  |
| Monitoring platform used       |  |

Note: Inverter, meter, monitoring-platform and supplier figures may cover different periods or use different measurement methods. Record the source of each figure alongside your entries.  
Estimated solar self-consumption = solar generation – electricity exported. This is an approximation only.

| Month        | Solar generation (kWh) | Electricity exported (kWh) | Electricity imported (kWh) | Est. self-consumption (kWh) | Export payment | Monitoring issue or downtime | Notes |
|--------------|------------------------|----------------------------|----------------------------|-----------------------------|----------------|------------------------------|-------|
| January      |                        |                            |                            |                             | £              |                              |       |
| February     |                        |                            |                            |                             | £              |                              |       |
| March        |                        |                            |                            |                             | £              |                              |       |
| April        |                        |                            |                            |                             | £              |                              |       |
| May          |                        |                            |                            |                             | £              |                              |       |
| June         |                        |                            |                            |                             | £              |                              |       |
| July         |                        |                            |                            |                             | £              |                              |       |
| August       |                        |                            |                            |                             | £              |                              |       |
| September    |                        |                            |                            |                             | £              |                              |       |
| October      |                        |                            |                            |                             | £              |                              |       |
| November     |                        |                            |                            |                             | £              |                              |       |
| December     |                        |                            |                            |                             | £              |                              |       |
| Annual total |                        |                            |                            |                             | £              |                              |       |

# Home Battery Performance

Complete this section only if the property has a home battery.

## System information

|                            |  |
|----------------------------|--|
| Battery make and model     |  |
| Usable capacity (kWh)      |  |
| Installation date          |  |
| Installer                  |  |
| Warranty period            |  |
| Monitoring platform used   |  |
| Control schedule or tariff |  |

Financial benefit depends on import rates, export rates, charging times, household demand, solar generation and battery losses. No default saving or payback period has been assumed in this workbook.

| Month        | Energy charged (kWh) | Energy discharged (kWh) | Grid charging (kWh) | Solar charging (kWh) | Est. losses (kWh) | State-of-charge range | Tariff or schedule change / notes |
|--------------|----------------------|-------------------------|---------------------|----------------------|-------------------|-----------------------|-----------------------------------|
| January      |                      |                         |                     |                      |                   |                       |                                   |
| February     |                      |                         |                     |                      |                   |                       |                                   |
| March        |                      |                         |                     |                      |                   |                       |                                   |
| April        |                      |                         |                     |                      |                   |                       |                                   |
| May          |                      |                         |                     |                      |                   |                       |                                   |
| June         |                      |                         |                     |                      |                   |                       |                                   |
| July         |                      |                         |                     |                      |                   |                       |                                   |
| August       |                      |                         |                     |                      |                   |                       |                                   |
| September    |                      |                         |                     |                      |                   |                       |                                   |
| October      |                      |                         |                     |                      |                   |                       |                                   |
| November     |                      |                         |                     |                      |                   |                       |                                   |
| December     |                      |                         |                     |                      |                   |                       |                                   |
| Annual total |                      |                         |                     |                      |                   |                       |                                   |

# EV Charging Record

Complete this section only if an electric vehicle is charged at the property.

## Vehicle, charger and tariff information

|                                 |  |
|---------------------------------|--|
| Vehicle make and model          |  |
| Vehicle battery capacity (kWh)  |  |
| Home charger make and model     |  |
| Home charger installation date  |  |
| Home charging tariff name       |  |
| Home charging unit rate (p/kWh) |  |

Home charging cost = home charging kWh × applicable unit rate. Estimated cost per mile = total charging cost ÷ miles travelled. Energy drawn from the wall may exceed energy added to the vehicle battery because of charging losses.

| Month        | Home charging (kWh) | Public charging (kWh) | Home charging cost | Public charging cost | Miles travelled | Avg miles per kWh | Est. cost per mile | Charging problem or tariff change |
|--------------|---------------------|-----------------------|--------------------|----------------------|-----------------|-------------------|--------------------|-----------------------------------|
| January      |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| February     |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| March        |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| April        |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| May          |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| June         |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| July         |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| August       |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| September    |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| October      |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| November     |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| December     |                     |                       | £                  | £                    |                 |                   |                    |                                   |
| Annual total |                     |                       | £                  | £                    |                 |                   |                    |                                   |

# Important Dates and Renewals

Use this section to record all dates that require action. Set reminders in your phone or diary.

| Date | Event or deadline           | Action required | Reminder set? | Completed? | Notes |
|------|-----------------------------|-----------------|---------------|------------|-------|
|      | Tariff review date          |                 | Yes / No      | Yes / No   |       |
|      | Tariff end date             |                 | Yes / No      | Yes / No   |       |
|      | Annual meter reading        |                 | Yes / No      | Yes / No   |       |
|      | Boiler service              |                 | Yes / No      | Yes / No   |       |
|      | Boiler warranty expiry      |                 | Yes / No      | Yes / No   |       |
|      | Solar panel service         |                 | Yes / No      | Yes / No   |       |
|      | Battery warranty expiry     |                 | Yes / No      | Yes / No   |       |
|      | EPC renewal                 |                 | Yes / No      | Yes / No   |       |
|      | Supplier complaint deadline |                 | Yes / No      | Yes / No   |       |
|      | Annual household review     |                 | Yes / No      | Yes / No   |       |
|      |                             |                 | Yes / No      | Yes / No   |       |
|      |                             |                 | Yes / No      | Yes / No   |       |

|                              |  |
|------------------------------|--|
| Next tariff review           |  |
| Next supplier action         |  |
| Next home-improvement review |  |

# Document and Warranty Register

Keep a record of where important documents are stored. Do not record passwords or financial credentials in this workbook.

| Document                            | Provider or installer | Date | Expiry date | Paper or digital | Storage location |
|-------------------------------------|-----------------------|------|-------------|------------------|------------------|
| Energy bill — electricity           |                       |      |             |                  |                  |
| Energy bill — gas                   |                       |      |             |                  |                  |
| Tariff confirmation — electricity   |                       |      |             |                  |                  |
| Tariff confirmation — gas           |                       |      |             |                  |                  |
| Meter photographs                   |                       |      | n/a         | Digital          |                  |
| EPC certificate                     |                       |      |             |                  |                  |
| Boiler warranty                     |                       |      |             |                  |                  |
| Boiler installation certificate     |                       |      | n/a         |                  |                  |
| Solar panel warranty                |                       |      |             |                  |                  |
| MCS certificate — solar             |                       |      | n/a         |                  |                  |
| Export agreement / SEG contract     |                       |      |             |                  |                  |
| Home battery warranty               |                       |      |             |                  |                  |
| EV charger installation certificate |                       |      | n/a         |                  |                  |
| Heat pump warranty                  |                       |      |             |                  |                  |
| MCS certificate — heat pump         |                       |      | n/a         |                  |                  |
| Complaint correspondence            |                       |      | n/a         |                  |                  |
| Other                               |                       |      |             |                  |                  |

# Annual Home Energy Review

Summary figures for the year

|                                         |     |
|-----------------------------------------|-----|
| Total electricity used                  | kWh |
| Total gas used                          | kWh |
| Total home energy charges               | £   |
| Total payments made                     | £   |
| Closing account credit or debit         | £   |
| Solar generation                        | kWh |
| Solar export                            | kWh |
| Battery energy discharged               | kWh |
| EV home charging                        | kWh |
| EV charging cost                        | £   |
| Actual meter readings recorded (months) |     |
| Estimated readings recorded (months)    |     |
| Supplier contacts made                  |     |
| Energy improvements completed           |     |

---

## Annual review questions

|                                                       |  |
|-------------------------------------------------------|--|
| Did consumption change compared with last year? Why?  |  |
| Were all bills accurate? Were any based on estimates? |  |
| Was the Direct Debit appropriate throughout the year? |  |
| Was the tariff competitive? When does it end?         |  |
| Are there any persistent billing problems to pursue?  |  |
| What are the priority actions for next year?          |  |

# Plan for Next Year

Use this section to set clear intentions for the year ahead. Review it at the end of each quarter.

|                                                                                                                         |                                                                    |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>My three immediate actions</b><br>1.<br>2.<br>3.                                                                     |                                                                    |
| <b>My tariff action</b><br>(When will I review? What will I do if the current tariff ends or becomes uncompetitive?)    |                                                                    |
| <b>My bill or payment action</b><br>(Is my Direct Debit appropriate? Do I need to query a balance or request a refund?) |                                                                    |
| <b>My next energy improvement to investigate</b>                                                                        |                                                                    |
| <b>My solar, battery or EV action</b>                                                                                   |                                                                    |
| <b>My energy budget for next year</b><br>£ per month<br>£ per year                                                      | <b>My target review date</b><br><br><b>My target for next year</b> |

# Use Your Records to Make Better Energy Decisions

## PowerGuardian – independent UK energy tools for households

A complete household energy record gives you the evidence you need to:

- Check energy bills against actual meter readings
- Compare tariffs using your real annual consumption — not a supplier's estimate
- Identify unusual usage and investigate the cause
- Review and challenge a Direct Debit change
- Measure the actual benefit of home improvements
- Calculate EV, solar and battery performance accurately
- Provide suppliers with organised evidence when something goes wrong

## PowerGuardian tools – use your records to get more from these calculators

### Calculate your energy bill

Use your recorded unit rates, standing charges and kWh to calculate what your bill should be.

<https://powerguardian.co.uk/energy-bill-calculator>

### Check your Home Energy Efficiency Score

See how your household compares and find the improvements most likely to make a difference.

<https://powerguardian.co.uk/tools/home-energy-efficiency-score>

### Calculate appliance running costs

Use your recorded unit rate to find the actual cost of running individual appliances.

<https://powerguardian.co.uk/tools/appliance-running-cost-calculator>

### View the latest UK energy price forecast

Independent price monitoring to help you plan tariff decisions.

<https://powerguardian.co.uk/energy-price-forecast-uk>

For more independent UK household energy tools, guides, supplier information and price monitoring, visit <https://powerguardian.co.uk>

**Disclaimer:** This workbook provides a structured way to record household energy information and make indicative calculations. It does not provide personalised financial, legal, engineering or installation advice. Charges, savings and performance depend on the property, tariff, equipment, household behaviour, weather and the accuracy of the information entered. PowerGuardian.co.uk — independent UK energy information for households.