

In your pack you will find



Activity recorder
and instruction booklet
for anyone older than 8



Electricity recorder
to fit under your meter, with
instructions on the case



Prepaid return envelope
Please send the recorders back
even if you choose not to use them

What you can do now

1

Attach the electricity recorder

Find your electricity meter and follow the
instructions on the case of the recorder

2

Have a play with the activity recorder

Start by telling us about you in the [survey](#)
Then try to record your first activity [here](#)
You can practice a little before the day



The booklet shows
you how it works

On Monday at 5pm

Record your activities

from 5pm until 9pm the next day
The more the better – for 25 entries
you earn ★★★★★



When done

- 1) Remove the electricity recorder
- 2) Collect all activity recorders
- 3) Put in the white envelope and drop in a letterbox

Questions?

If you are unsure about the process,
please contact us

Thank you!

We are grateful for your contribution
to this research study and hope you
enjoy taking part

Your Meter Team

meter@energy.ox.ac.uk
 @EnergyUseUK
Energy-Use.org
 01865 275864

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