



Smart Meter Usage Check Sheet

Devices tested	Standby	Fully off
Reading before		
Reading after (10–15 mins)		
What changed		

Kettle Usage	Full kettle	Just enough water
Reading before		
Reading after		
What changed		

Cooking Method	Method 1 (e.g. Oven)	Method 2 (e.g. Air fryer)
Meal Cooked		
Reading before		
Reading after (end of cooking)		
What changed		



Smart Meter Usage Check Sheet

Lighting	Lights left on	Lights off
Rooms tested		
Reading before		
Reading after (10–15 mins)		
What changed		

Lighting	Standard bulbs	LED's
Reading before		
Reading after (10–15 mins)		
What changed		

Overnight Check	Normal night	Everything off
Reading before bed		
Reading in the morning		
What changed		

