		all of the food, goods, or energy you be paper if you fill this chart up.	y, use, or discard for
Category:			
Time	Name of Item/Activity	Describe your activity (e.g., bought it, used it, threw it away)	Was it a want or need?

Name ______ Date _____ Class _____

Pick one category of consumption (food, goods, energy) and take data on yourself.

How Much Do I Use?