

# Energy usage tracker guide: How to instantly download up to two years of electricity usage data



**Who this guide is for:** Interval metering commercial customers, residential net metering and small commercial customers.

The **Download data** feature in the energy usage tracker lets you customize and instantly download up to **two years of historical electricity usage data**.

For more historical data, you can use the separate **Reporting** feature to create reports with up to **seven years of usage data**. These reports are available the next day at the earliest.

This guide explains how to use the **Download data** feature.

Download Data

Reporting

**Download interval data:** Instantly download your electricity data in XLSX format and run your own analysis. Customize your report by selecting your meter(s), time period, meter channel(s) and interval length. You can download up to two years of historical data from today's date.

**Note:** To access more than two years of historical data, go to [Reporting](#).

## Step-by-step instructions

To download electricity usage data, follow these steps:

### STEP 1

**Log in** to your self-serve portal.

Accounts & Billing ▾ Outages & Safety ▾ Savings & Sustainability ▾ Customer Service ▾

Search 🔍 Log In 🔒 Tools ⚙️

# Log in

Access your Toronto Hydro online account.

Email address

Password

.....

[Forgot password?](#)

Log in

[Sign up](#)

**Note:** You may be receiving eBills notifications, but may not be registered for a Toronto Hydro online account. If you're receiving an "Unable to authenticate. Please try again." error message when attempting to log in, please [register for an online account](#).

If you continue to experience log in issues, please [contact us](#).

## STEP 2

Scroll down to the bottom and click **Track my energy use**.

### Additional services



Track my energy use



Customer Choice



Equal Payment Plan

## STEP 3

Select the **Download data** option.

Download Data

Reporting

**Download interval data:** Instantly download your electricity data in XLSX format and run your own analysis. Customize your report by selecting your meter(s), time period, meter channel(s) and interval length. You can download up to two years of historical data from today's date.

**Note:** To access more than two years of historical data, go to [Reporting](#).

**Note:** Four options are available on the **Customize your report** section of the **Download data** tab. Initially, only the **first option** is enabled: **Select meter(s)**. As you complete each selection, the next option becomes available.

For example, once you select a meter, the second option is enabled: **Select time period**. Continue making your selections until all required options have been completed.

### Customize your report

In some cases, very large reports can exceed our system's processing limits. If that happens, a message will appear with guidance on how to adjust your report.

Visit our FAQ for more [help setting up your report](#).

+ Select meter(s)

+ Select time period

+ Select meter channel(s)

+ Select interval length

Download report

Reset filters

Schedule report

**Note:** Toronto Hydro strives to show the most recent meter readings in the electricity data. However, some data may be missing and all electricity data is subject to change.

STEP 4

Select **one** or **multiple meters** of electricity usage data you wish to download.

⊖

Select meter(s)

Some meters displayed aren't available for instant download in Download Data. To access data for these meters, use [Reporting](#) and you can receive the report next day.

Some **meter numbers may appear more than once**, but with different dates in the "Available data period" column. This helps ensure you receive complete data for that meter.

1 of 38 meters selected

1 of 12 accounts selected

Search

Q Search

⊖

Meter number ⬆⬆

Account number ⬇⬆

Service address ⬆⬆

Customer name ⬆⬆

Available data period\* ⬆⬆

☑

STEP 5

Select the desired **time period** from the available options. Based on your selection, the **Start date** and **End date** fields will be automatically populated.

⊖

Select time period

On this page, you can download up to two years of historical data, excluding today's date. If you need more than two years, please [schedule a report](#).

**Note:** Data for yesterday may be incomplete, as meter readings may not be available yet.

Time period

Start date (MM/DD/YYYY)

End date (MM/DD/YYYY)

Last week

Yesterday

Week to date

Month to date

Quarter to date

Year to date

Last week

Last month

Last quarter

Last year

Custom period

09/21/2026

09/27/2026

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⊕

Downloaders

Schedule report

⊕

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Downloaders

Schedule report

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Downloaders

Schedule report

## STEP 6

Select the **meter channel(s)**.

### ⊖ Select meter channel(s)

Each meter has multiple meter channels. Each channel records a different unit of electricity measurement. By default, we've selected the channel customers typically choose. Learn more about meter channels in our [FAQ](#).

**Some meter channels displayed aren't available for instant download** in Download Data. To access data for these channels, use [Reporting](#) and you can receive the report next day.

When you select multiple meters, **only channels common to the selected meters will be shown**.

☒ Interval KWH Delivered ☐ Interval KVARH Delivered ☐ Interval KVAH Delivered

## STEP 7

Select the desired **interval length**, then click **Download report**.

### ⊖ Select interval length

Interval length is the time period in which your electricity data is measured. Shorter intervals (when available) provide more detailed information.

Interval length

Select interval length ▾

15 minutes

Hourly

Daily

Download report

Reset filters

Schedule report

**Note:** Toronto Hydro strives to show the most recent meter readings in the electricity data. However, some data may be missing and all electricity data is subject to change.

The exported Excel report below shows an example of electricity usage data for the **previous week** using an **hourly** interval length.

|                  |                                                |       |
|------------------|------------------------------------------------|-------|
| Report Header    |                                                |       |
| Title:           | Trending Report                                |       |
| Report Date      | 2026-09-25 12:21                               |       |
| Report Span      | 2026-09-14 - 2026-09-20                        |       |
| Total Days       |                                                | 7     |
| Trend Interval:  | 60 Min                                         |       |
| Time Zone        | (GMT-05:00) Eastern Time, no DST (US & Canada) |       |
| Meter            | <div></div>                                    |       |
| Trending         |                                                |       |
| Period           | <div>(Interval KWH Delivered)</div>            |       |
| 2026-09-14 01:00 |                                                | 0.405 |
| 2026-09-14 02:00 |                                                | 0.401 |
| 2026-09-14 03:00 |                                                | 0.572 |
| 2026-09-14 04:00 |                                                | 0.401 |
| 2026-09-14 05:00 |                                                | 0.405 |
| 2026-09-14 06:00 |                                                | 0.401 |
| 2026-09-14 07:00 |                                                | 0.563 |
| 2026-09-14 08:00 |                                                | 3.402 |
| 2026-09-14 09:00 |                                                | 4.581 |
| 2026-09-14 10:00 |                                                | 8.577 |
| 2026-09-14 11:00 |                                                | 8.847 |
| 2026-09-14 12:00 |                                                | 9.585 |
| 2026-09-14 13:00 |                                                | 9.905 |

## Have questions?

For more information, visit:

- [\*\*Energy usage tracker\*\*](#)
- [\*\*Account and user management frequently asked questions\*\*](#)
- [\*\*Frequently asked questions for third parties\*\*](#)
- [\*\*My usage frequently asked questions\*\*](#)