

## GOOD ENERGY STEWARDSHIP WORKSHEET

I, \_\_\_\_\_, PLEDGE TO DO MY BEST TO SAVE ENERGY

INSTRUCTIONS: REVIEW EACH STEP, CHECK THE "COMPLETED" COLUMN NEXT TO STEPS YOU ALREADY DO WELL, THEN PICK THREE TO FIVE NEW STEPS AND SET A DATE BY WHICH YOU WOULD LIKE TO ACHIEVE THE NEW STEP.

Step	Already Completed	Will Do (date)
<b><i>No-cost measures</i></b>		
1. Say the "Good Steward" blessing every time you flip it on, plug in, or power up: <i>Thank you for this energy. May it serve me well. Please guide me in good stewardship.</i>		
2. In the summer, keep your thermostat set at 78° F or higher in the daytime, and 85° F when no one is home.		
3. In the winter, keep the thermostat set at 68° F or lower in the daytime, and lower it to 60° F when no one is in the room, and at night.		
4. Stuff rags, a towel or a rug in the crack under outside doors.		
5. Wear a sweater or warm cap to stay warm instead of turning up the heat.		
6. In the summer, spend more time in the cool parts of your home, like the lower floor, and in the winter, spend more time in the warmer areas, like upstairs.		
7. When you are heating or cooling, keep windows closed and close outside doors quickly.		
8. Close the curtains in rooms you are cooling during the summer, and open the curtains to let in sun and heat during the winter.		
9. If your ceilings are 10+ feet high, reverse the direction of ceiling fans during the winter to pull heat down from the ceiling.		
10. Regularly clean or change the filters on the air conditioner and furnace (once at the beginning of each heating and cooling season).		
11. Close the damper in the fireplace when it is not in use.		
12. Turn off unnecessary gas pilot lights during the summer.		
13. Turn off lights when you leave a room, and turn off appliances when not in use.		
14. Turn off lights when daylight illuminates a room.		
15. Plug all electronics into power strips and switch them off when not in use.		
16. Power down your computer (and switch off its power strip) when not in use.		
17. Limit your use of luxury appliances, such as electric hand lotion warmers.		
18. Keep your refrigerator full so that it cools more efficiently. You can put empty containers and bottles in it if necessary.		
19. Adjust your hot water heater to a water temperature that is comfortable and not too hot (120° F – 125° F is a good range).		
20. Line dry your clothes when possible rather than using the clothes dryer.		
21. If you use your clothes dryer, dry full loads and clean the filter after every load.		
22. Wash clothes in cold or warm water rather than hot, and only wash full loads.		
23. Run your dishwasher only when it is full, and hand wash dishes more often.		
24. Cook more than one item in the oven at once, and keep the oven door closed.		
25. When cooking on the stove top, cover pans with lids to keep heat in, and use the smaller burners if possible.		
26. Take shorter showers more often, instead of baths.		
27. When washing your hands and brushing your teeth, turn water off until you are ready to rinse.		
28. Fix leaking faucets.		
29. Open and close the refrigerator door quickly (if fridge is full, this is less important)		
30. Adjust the temperature of your refrigerator to no lower than 37° F.		
31. Set your freezer temperature to no lower than 5° F.		
32. Use only one refrigerator – unplug that second fridge if you have one.		
33. Defrost the freezer when the ice is no more than ¼-inch thick.		
34. Register for energy saving tips by email at <a href="http://www.KilowattOurs.org">www.KilowattOurs.org</a>		

	Already Completed	Will Do (date)
1. Use floor and ceiling fans to stay cool instead of lowering the temperature of the thermostat (during the hot months).		
2. Caulk, seal and weatherstrip all seams, cracks, plumbing/electrical/duct penetrations, and gaps in walls and foundation.		
3. Replace incandescent light bulbs with compact fluorescent bulbs (always recycle or dispose of old compact fluorescent bulbs at local hazardous household waste sites, or local retailers).		
4. Install low-flow showerheads and faucet aerators to reduce hot water use.		
5. Insulate the hot water tank with an insulation wrap (if not already insulated), and insulate the exposed hot water pipes coming out of the tank, with pre-cut insulation.		
6. Inspect your duct system, and repair any visible problems, like a gaping hole.		
7. Use mastic (duct-sealing compound) instead of duct tape to seal all exposed ductwork joints in the attic, basement and crawl spaces.		
8. Insulate heating-and-cooling ducts.		
9. Install storm windows or sheets of plastic on single-paned windows during the winter to decrease heat loss through the windows.		
10. Improve your floor and attic insulation.		
11. Install a programmable thermostat (but not if you have an electric heat pump).		
12. Install foam gaskets behind outlets and switch plates on exterior walls.		
13. If you don't use your fireplace, plug and seal it.		
14. Add a radiant heat barrier in your attic.		
15. Caulk and weatherstrip doors and windows that leak air.		
<b><i><u>Bigger investments with bigger payback</u></i></b>		
1. Hire a professional to conduct a home energy audit. We recommend one of the following services to find a local expert: <a href="http://www.ServiceMagic.com">www.ServiceMagic.com</a> or <a href="http://www.EnergyStar.gov">www.EnergyStar.gov</a> (search for a home energy rater)		
2. Install tankless hot water heater.		
3. Install solar hot water.		
4. Install solar photovoltaic electricity generation.		
5. Plant shade trees.		
6. Replace old appliances with Energy Star rated ones ( <u>Pick one</u> : refrigerator, washer, drier, heat pump, other _____).		
7. Install a geothermal heat pump system.		
<b><i><u>Additional resource – Low Income Assistance</u></i></b>		
1. You may qualify for the Department of Energy's Weatherization Assistance Program for low-income households. If you qualify, you may receive up to \$6,500 in home energy-improvements at no cost to you. Household income must be no greater than \$44,000 for a family of four. Learn more at: <a href="http://apps1.eere.energy.gov/weatherization/">http://apps1.eere.energy.gov/weatherization/</a>		
2. Click and let us track your steps and savings at: <a href="http://www.CountYourKilowatts.org">www.CountYourKilowatts.org</a>		
<b><i><u>Can you think of more energy-saving actions?</u></i></b> List them here (and tell us!)	Already Completed	Will Do (date)

**For more information, contact Kilowatt Ours  
[www.KilowattOurs.org](http://www.KilowattOurs.org) -- (615) 340-5005 -- [info@KilowattOurs.org](mailto:info@KilowattOurs.org)**