

	Energy and Comfort Checklist	Yes	No	N/A	Notes
Heating	Are furnace air filters cleaned and changed once per month (or per manufacturer's recommendation)?				
	Does your home have a programmable thermostat?				
	Is your thermostat set at 68°F or lower when you're at home?				
	Is your thermostat set at 62°F or lower overnight and when no one is home?				
	Is there weather-stripping around most windows and doors?				
	If there is a fireplace, do you keep the flue closed when not in use?				
	Are areas in front of baseboard heaters (or heater vents) clear of furnishings, curtains or other objects that block air flow?				
	Do most windows have shades, curtains or blinds?				
Water Use	Is your water heater set between 120°F and 140°F?				
	Are the water heater pipes insulated?				
	Are all showers fitted with a low-flow shower head?				
	Do most household members turn the faucet off while brushing teeth, shaving, etc.?				
	Do all faucets have water-saving faucet attachments?				
	Do most household members take 10-minute or less showers?				
Appliances	Is the dishwasher running only when there is a full load?				
	Is there at least 2 inches of clearance around the refrigerator (front, back, top, and sides) to permit proper air circulation?				
	Is the refrigerator kept between 36°F and 38°F?				
	Is the freezer kept between 0°F and 5°F?				
	Do household members usually only do laundry when you have a full load?				
	Most of the time do household members wash clothes in cold water?				
	Do household members clean the lint filter of your dryer after each load?				
	Are the TV, computer, or other electronics, turned off when not in use?				
	Are heat tapes and/or block heaters on timers?				
	Do household members usually turn the lights off when leaving a room?				
Are most light bulbs LEDs?					