

# Home Energy Planner: Going the Distance Checklist

	COLUMN 1		COLUMN 2
	WILL COMMIT TO DOING THIS	ALREADY DO THIS	ENERGY REDUCTION
<b>Heating and Cooling</b>			
Set thermostat for heating back: (select one)			
• By 2°C 24 hours a day	<input type="checkbox"/>	<input type="checkbox"/>	6%
• By 2°C at night only	<input type="checkbox"/>	<input type="checkbox"/>	2%
• By 2°C during the day and 3°C at night	<input type="checkbox"/>	<input type="checkbox"/>	8%
Set thermostat for cooling up: (select one)			
• By 2°C higher 24 hours a day	<input type="checkbox"/>	<input type="checkbox"/>	1%
• By 4°C higher at night only	<input type="checkbox"/>	<input type="checkbox"/>	1%
• By 2°C higher during the day and 4°C at night	<input type="checkbox"/>	<input type="checkbox"/>	2%
Use fans and reduce your air conditioner use by half	<input type="checkbox"/>	<input type="checkbox"/>	2%
Do comprehensive draft-proofing. For example:			
• Caulk and weather-strip doors and windows			
• Cover windows and unused doors with plastic sheeting	<input type="checkbox"/>	<input type="checkbox"/>	10%
• Install insulating gaskets in electrical outlets and light switches, and install childproof plugs in the same outlet (particularly on outside walls)			
Upgrade attic insulation to R40 (about a foot in depth)	<input type="checkbox"/>	<input type="checkbox"/>	5%
Upgrade basement insulation to R-18	<input type="checkbox"/>	<input type="checkbox"/>	10%
Install double glaze low-e argon-filled windows throughout your house	<input type="checkbox"/>	<input type="checkbox"/>	3%
Permanently seal an unused fireplace	<input type="checkbox"/>	<input type="checkbox"/>	3%
<b>Heating Water</b>			
Lower hot water tank temperature by 5°C and aim for the ideal energy savings temperature of 49°C (run hot water from your tap onto a meat thermometer to figure out the temperature)	<input type="checkbox"/>	<input type="checkbox"/>	3%
Place insulation around at least the first three feet of water pipes attached to your hot water heater	<input type="checkbox"/>	<input type="checkbox"/>	1%
Install a low-flow showerhead and faucet aerators	<input type="checkbox"/>	<input type="checkbox"/>	3%
Repair leaky faucets and showerheads throughout your house	<input type="checkbox"/>	<input type="checkbox"/>	2%

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<b>Lighting</b>			
Replace frequently-used standard light bulbs with energy efficient bulbs			
• Replace 2 bulbs	<input type="checkbox"/>	<input type="checkbox"/>	1%
• Replace 4 bulbs	<input type="checkbox"/>	<input type="checkbox"/>	2%
• Replace 6 bulbs	<input type="checkbox"/>	<input type="checkbox"/>	3%
Replace frequently-used outside lights with motion detecting lights	<input type="checkbox"/>	<input type="checkbox"/>	1%
Install timers for frequently-used outdoor lights	<input type="checkbox"/>	<input type="checkbox"/>	1%
<b>Appliances</b>			
Discontinue use of a second refrigerator	<input type="checkbox"/>	<input type="checkbox"/>	3%
Discontinue use of a stand alone freezer	<input type="checkbox"/>	<input type="checkbox"/>	1%
Replace low efficiency furnace with high efficiency Energy Star furnace	<input type="checkbox"/>	<input type="checkbox"/>	20%
Install a tankless or solar hot water heater	<input type="checkbox"/>	<input type="checkbox"/>	10%
Replace an old refrigerator with an efficient Energy Star model	<input type="checkbox"/>	<input type="checkbox"/>	3%
<b>Swimming Pools</b>			
Set your pool heater thermostat back:			
• By 1°C	<input type="checkbox"/>	<input type="checkbox"/>	7%
• By 2°C	<input type="checkbox"/>	<input type="checkbox"/>	14%
• By 3°C	<input type="checkbox"/>	<input type="checkbox"/>	20%
Use a solar blanket to cover your swimming pool for each night of the summer season when the outside air temperature is cooler than the pool water	<input type="checkbox"/>	<input type="checkbox"/>	20%

## DID YOU KNOW?

- 25% of home heat is lost through drafty windows. Wrapping your windows with plastic is a low-cost option that can reduce this loss by 50%.
- The average low efficiency furnace wastes as much as 45% of the heat it produces. Newer natural gas furnaces are up to 96% efficient. Replacing an old furnace with a high efficiency one can reduce your home energy use by 20%!