

Energy Use Checklist Worksheet

Energy Use Habits	Estimate	Actual
Refrigerator		
If you have a refrigerator, how full is it? (empty, 25%, 50%, 75%, 100%)		
Number of times opened a day		
How often do you put hot food in the refrigerator?		
Freezer		
If you have a freezer, how full is it? (empty, 25%, 50%, 75%, 100%)		
Number of times opened a day		
Dishwasher		
If you have a dishwasher, number of times run a week		
Number of times the energy saver setting is used per week		
Washer		
If you have a washer, number of loads of laundry a week		
Number of loads of laundry using cold water		
Number of small or partial loads a week		
Dryer		
If you have a dryer, number of loads dried a week		
Heating and Cooling		
If you have a thermostat and heating, what temperature is the thermostat set to?		

If you have a thermostat and air conditioning, what temperature is the thermostat set to?		
Do you leave doors or windows open when your heating or air conditioning is on?		
How often do you use fans or open windows to cool your home?		
What temperature is your water heater set to?		
Lights and Light Bulbs		
Number of incandescent light bulbs in your home (Incandescent bulbs are an older type of light bulb. Most have thin wire filaments inside that light up.)		
Number of other light bulbs in your home		
How many hours a day is an electric light on in a room with no one in it?		
Phantom Load		
Number of phantom load devices kept plugged in (Phantom load is the energy used by things kept plugged in, and can include televisions, computers, game consoles, printers, chargers, and other items.)		
Other Ideas		
What other things can you think of to investigate the resource use in your household? List them here:		

Energy-Saving Ideas: _____
