



Energy Efficiency Champion: _____

Is your household doing as much as you can to save energy? Use this checklist and do this inspection with your parents or other adult. When you are done, stick this on your fridge to remind your family how to save energy.

	Yes	Not Yet
Do you turn off lights and computers when you are not using them?	<input type="checkbox"/>	<input type="checkbox"/>
Do you wash most of your laundry in cold water?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have energy efficient low-flow showerheads?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take short showers and/or half-full baths?	<input type="checkbox"/>	<input type="checkbox"/>
Do you run full loads in your dishwasher, clothes washer and dryer?	<input type="checkbox"/>	<input type="checkbox"/>
Do you use the "air dry" or "no heat dry" setting on your dishwasher?	<input type="checkbox"/>	<input type="checkbox"/>
Do you close your drapes or blinds to keep out summer sun?	<input type="checkbox"/>	<input type="checkbox"/>
Do your doors and windows have weather stripping and caulking to block drafts?	<input type="checkbox"/>	<input type="checkbox"/>
Have your family unplugged appliances you rarely use, such as a second refrigerator or freezer?	<input type="checkbox"/>	<input type="checkbox"/>
Does your family unplug things such as phone and gaming system chargers that still use electricity even when nothing is charging?	<input type="checkbox"/>	<input type="checkbox"/>

Total: _____



Parents, visit TakeChargeNL.ca for more energy saving tips.

Score 5 points for every "Yes" and 0 points for every "Not Yet".

0-15 = Fair

There's more you can do to save energy.

20-35 = Good

You have some good savings, with room for improvement.

40-50 = Excellent

Congratulations on your super energy savings!



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