



# Home Energy Self-Checkup

Find ways to save energy and money in minutes.

## Doors & Windows

- |   | Yes                   | No                    |
|---|-----------------------|-----------------------|
| Do your windows or doors have cracked or missing weather stripping? | <input type="radio"/> | <input type="radio"/> |
| When closed, can you see light around the edges?                    | <input type="radio"/> | <input type="radio"/> |
| Do you use window treatments to reflect or capture radiant heat?    | <input type="radio"/> | <input type="radio"/> |
| Do you keep your doors and windows shut?                            | <input type="radio"/> | <input type="radio"/> |

## Lights & Fans

- |  | Yes                   | No                    |
|--|-----------------------|-----------------------|
| Do you use LED bulbs in all light fixtures?                    | <input type="radio"/> | <input type="radio"/> |
| Are your outdoor floodlights on a timer or motion sensor?      | <input type="radio"/> | <input type="radio"/> |
| Do you turn off lights or fans in rooms without occupants?     | <input type="radio"/> | <input type="radio"/> |
| Are your fans rotating correctly to circulate conditioned air? | <input type="radio"/> | <input type="radio"/> |

## Other

- |   | Yes                   | No                    |
|---|-----------------------|-----------------------|
| Have you unplugged all electronics when not in use? | <input type="radio"/> | <input type="radio"/> |

## HVAC & Water Heater

- |   | Yes                   | No                    |
|---|-----------------------|-----------------------|
| Do you set your thermostat for 78 in the summer and 68 in the winter? | <input type="radio"/> | <input type="radio"/> |
| Have you had an HVAC tune up in the past 6 months?                    | <input type="radio"/> | <input type="radio"/> |
| Have you changed your air filter in the past month?                   | <input type="radio"/> | <input type="radio"/> |
| Is your HVAC clear of any landscaping within 2 feet of the unit?      | <input type="radio"/> | <input type="radio"/> |
| Is your water heater set to 120 degrees?                              | <input type="radio"/> | <input type="radio"/> |
| Do you take short hot showers?  | <input type="radio"/> | <input type="radio"/> |

## Kitchen Appliances

- |  | Yes                   | No                    |
|--|-----------------------|-----------------------|
| Do you use small countertop appliances to reduce oven usage? | <input type="radio"/> | <input type="radio"/> |
| Have you cleaned the refrigerator vents?                     | <input type="radio"/> | <input type="radio"/> |
| Do you use the oven light to check on your food?             | <input type="radio"/> | <input type="radio"/> |
| Do you wait to run the dishwasher with a full load?          | <input type="radio"/> | <input type="radio"/> |

**Your Score** How many can you mark 'Yes'?

1-4 BAD	5-9 FAIR	10-15 GOOD	16-19 EXCELLENT
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Whatever you scored, you can always speak to a MTE energy services coordinator. Find one at:

[mtemc.com/EnergyServices](https://mtemc.com/EnergyServices)