

# Good Energy Stewardship Worksheet

I, \_\_\_\_\_, pledge to do my best to save energy.  
 Instructions: Review each step, check the "Completed" column next to steps you already do well and then pick three to five new steps and set a date by which you would like to achieve the new step.

## No Cost Measures

Step		Done	Will Do
1)	Say the "Good Steward" blessing every time you flip it on, plug in, or power up. <i>Thank you for this energy. May it serve me well. Please guide me in good stewardship.</i>		
2)	In the summer, keep your thermostat set at 78 degrees F or higher in the daytime and 85 degrees F when no one is home.		
3)	In the winter, keep your thermostat set at 68 degrees F or lower in the daytime, and lower it to 60 degrees F when no one is home or at night.		
4)	Stuff rags, a towel or a rug in the crack under outside doors.		
5)	Wear a sweater or warm cap to stay warm instead of turning up the heat.		
6)	In the summer, spend more time in the cool parts of your home, like the lower floor, and in the winter, spend more time in warmer areas, like upstairs.		
7)	When you are heating or cooling, keep windows closed and close outside doors quickly.		
8)	Close the curtains in rooms you are cooling during the summer and open the curtains to let in the sun and heat during the winter.		
9)	Use ceiling fans in the summer to circulate cooler air. If your ceilings are 10+ feet high, reverse the direction of ceiling fans during the winter to pull heat down from the ceiling.		
10)	Regularly clean or change the filters on the air conditioner and furnace (once at the beginning of each heating and cooling season).		
11)	Close the damper in the fireplace when it is not in use.		
12)	Turn off unnecessary gas pilot lights during the summer.		
13)	Turn off lights when you leave a room, and turn off appliances when not in use.		
14)	Turn off lights when daylight illuminates a room.		
15)	Plug all electronics into power strips and switch them off when not in use.		

Step		Done	Will Do
16)	Set computers to enter sleep mode within 15 minutes. Power down your computer (and switch off its power strip) when not in use.		
17)	Limit your use of luxury appliances, such as electric hand lotion warmers.		
18)	Keep your refrigerator full so that it cools more efficiently. You can put empty containers and bottles in if necessary.		
19)	Adjust your hot water heater to water temperature that is comfortable and not too hot (120 degrees - 125 degrees F is a good range).		
20)	Turn the temperature of your hot water heater down to "vacation" when gone for more that 48 hours.		
21)	Line dry your clothes when possible rather than using the clothes dryer.		
22)	If you use a clothes dryer, dry full loads and clean the filter after every load.		
23)	Wash clothes in cold or warm water rather than hot and wash only full loads.		
24)	Unplug washer and dryer when not in use or shut off circuit breaker.		
25)	Run your dishwasher only when it is full and hand wash dishes more often.		
26)	Cook more than one item in the oven at once and keep the oven door closed.		
27)	When cooking on the stove top, cover pans with lids to keep heat in and use the smaller burners if possible.		
28)	Take showers more often, instead of baths.		
29)	When washing your hands and brushing your teeth, turn water off until you are ready to rinse.		
30)	Fix leaking faucets.		
31)	Open and close the refrigerator door quickly. (If the fridge is full, this is less important.)		
32)	Adjust the temperature of your refrigerator to no lower than 37 degrees F.		
33)	Set your freezer temperature to no lower than 5 degrees F.		
34)	Use only one refrigerator - unplug second fridge if you have one.		
35)	Defrost the freezer when ice is no more than 1/4-inch thick.		

Step		Done	Will Do
36)	Register for energy saving tips by email at <a href="http://www.KilowattOurs.org">www.KilowattOurs.org</a> .		
37)	Close vents in unused rooms.		

### ***Low Cost Measures***

Step		Done	Will Do
1)	Use floor and ceiling fans to stay cool instead of lowering the temperature of the thermostat in the hot months.		
2)	Caulk, seal and weather-strip all seams, cracks, plumbing/electrical/duct penetrations and gaps in walls and foundations.		
3)	Replace incandescent light bulbs with compact fluorescent bulbs. (Always recycle or dispose of old compact fluorescent bulbs at local hazardous household waste sites, or local retailers.)		
4)	Install low-flow showerheads and faucet aerators to reduce hot water use.		
5)	Insulate the hot water tank with an insulation wrap (if not already insulated) and insulate the exposed hot water pipes coming out of the tank with pre-cut insulation.		
6)	Inspect your duct system and repair any visible problems like a gaping hole.		
7)	Use mastic (duct-sealing compound) instead of duct tape to seal all exposed ductwork joints in the attic, basement and crawl spaces.		
8)	Insulate heating-and-cooling ducts.		
9)	Install storm windows or sheets of plastic on single-paned windows during the winter to decrease heat loss through windows.		
10)	Improve your floor and attic insulation.		
11)	Install a programmable thermostat (but not if you have an electric heat pump).		
12)	Install foam gaskets behind outlets and switch plates on exterior walls.		
13)	If you don't use your fireplace, plug and seal it.		
14)	Add a radiant heat barrier in your attic.		
15)	Caulk and weather-strip doors and windows that leak air.		
16)	Begin composting yard waste and food scraps. Compost with a friend.		

Step		Done	Will Do
17)	Use organic materials on lawns and gardens.		
18)	Recycle plastics 1, 2, 3, 4, 5 and 7 (not 6) and also paper, cardboard, tin, magazines, glass and aluminum.		
19)	If you live in an apartment ask the landlord to start a recycling program or add your recycling items to a neighbor's regular pickup.		
20)	Displace water in the toilet tank.		
21)	Eating vegetarian and food grown locally will lower your carbon footprint.		

### ***Bigger Investments with Bigger Payback***

Step		Done	Will Do
1)	Hire a professional to conduct a home energy audit. We recommend one of the following services to find a local expert. <a href="http://www.ServiceMagic.com">www.ServiceMagic.com</a> or <a href="http://www.EnergyStar.gov">www.EnergyStar.gov</a>		
2)	Install tankless hot water heater.		
3)	Install solar hot water.		
4)	Install solar photovoltaic electricity generation.		
5)	Plant shade trees.		
6)	Replace old appliances with Energy Star rated ones. (Pick one: refrigerator, washer, drier, heat pump, other _____.)		
7)	Install a geothermal heat pump system.		

### ***Additional Resource - Low Income Assistance***

Step		Done	Will Do
1)	You may qualify for the <i>Department of Energy's Weatherization Assistance Program</i> for low-income households. If you qualify, you may receive up to \$6,500 in home energy improvements at no cost to you. Household income must be no greater than \$44,000 for a family of four. Learn more at: <a href="http://apps1.eere.energy.gov/weatherization/">http://apps1.eere.energy.gov/weatherization/</a> .		
	Adapted from the website: <a href="http://www.KilowattOurs.org">www.KilowattOurs.org</a>		
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