

Energy Saving Behaviors Checklist

Background: Adopting energy saving behaviors is a free and easy way to start saving energy immediately.

Instructions: Discuss the energy saving actions below with your household and check off at least 2 to implement over the course of the challenge period. Hang this list up on your refrigerator as a reminder for everyone in the household. Discover even more energy saving actions at www.meterleader.com/actions

Our household commits to implementing the following energy saving behaviors:

- Avoid turning on your air conditioner by dressing cool or using a fan
- If you need to turn on your AC in summer, program your thermostat to 78°F or higher
- Avoid turning on your heater by dressing warm or using extra blankets
- If you need to turn on your heater in winter, program your thermostat to 68°F or lower
- Always turn off lights when not in use or when leaving a room
- Make use of natural sunlight by opening your shades instead of using electric lighting
- Only wash full loads of laundry when using the clothes washer
- Wash your clothes using cold water settings only
- Avoid using a clothes dryer by hanging laundry to dry
- If you have to use a clothes dryer, only run full loads of laundry
- Only run full loads of dishes when using the dishwasher
- Unplug electronics and small appliances when not in use
- Take showers every other day, instead of daily
- Take short 5 minute showers
- Lower your water heater's temperature to 120°F
- Enable your computer and monitor to sleep while you are away
- Turn off your computer and power strips at night
- Clean or replace your HVAC system's air filters at least every 3 months