

Exploring your Homes Energy Use Worksheet

Use your Home Energy Audit Kit to evaluate your home's energy efficiency. Record your findings, compare them to the recommended values, and make simple changes to improve energy efficiency and save money on utility bills!

1. Water Temperature

- Recommended Range: ~120°F
- Test your most frequently used sink (kitchen or bathroom)
 - Your Measurement: ____°F Within Range? YES / NO
- Next Steps: Adjust water heater settings to 120°F for safety and efficiency.

2. Light Meter

Space	Your Measurement	Recommended Range (LUX)	Within Range?	Next Steps
Reading/Desk		300-750	YES / NO	Upgrade to LED bulbs Add task lighting for better focus. Use dimmers to match activities.
Living Room		150-300	YES / NO	
Stairwell/Walkway		75-150	YES / NO	

3. Surface Temperature Infrared Thermometer

***Warning*:** Do not look at the direct or reflected laser beams. Laser radiation may damage your eyes. Do not aim the laser beam at another person or animal. Never point any laser toward aircraft or vehicles.

- Locations:
 - In-Door Air Temperature: ____°F
 - Windows: ____°F
 - **Winter:** within 5-10°F of indoor temperature
 - **Summer:** within 1 - 3 °F of indoor temperature unless exposed to sunlight
- Ceiling with Insulated attic: ____°F (1-3 °F of indoor air temperature)
- Next Steps:
 - Seal gaps or cracks around windows and doors to prevent heat loss.
 - Add insulation to walls, attics, or ductwork to maintain consistent temperatures.

4. Refrigerator & Freezer Temperatures (Refrigerator Thermometer)

Appliance	Your Measurement	Recommended Range	Within Range?	Next Steps
Refrigerator	____°F	37-40°F	YES / NO	Adjust settings and clean condenser coils.
Freezer	____°F	0°F	YES / NO	Adjust settings and check for frost buildup.

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5. Air Conditions (Temp & Humidity Meter)

- Ambient Temperature: _____°F (Recommended: 68-72°F)
- Humidity: _____% (Recommended: 30-50%)
- Next Steps:
 - Use a humidifier/dehumidifier to adjust humidity levels
 - Check wall insulation in various areas of your home to assess consistency

6. Appliance Energy Usage (Watt Meter)

Appliance	Energy Usage (kWh)	Estimated Cost	Next Steps
		\$	• Unplug unused appliances or use smart electrical strips to reduce phantom load. • Replace high-use devices with Energy Star models. • Adjust settings to reduce consumption.
		\$	
		\$	

7. Water Flow Rates (EPA WaterSense Flow Bag)

Fixture	Flow Rate (GPM)	Efficient Range (if applicable)	Within Range?	Next Steps
Kitchen Sink		1.5 GPM	YES / NO	Install low-flow fixtures or aerators.
Shower		2 GPM	YES / NO	
			YES / NO	

Reflection & Questions for Experts

Reflection

1. What are your top three areas for improvement?

- _____
- _____
- _____

Questions for Energy Experts

1. What questions do you have about electrifying or improving energy efficiency?

- _____
- _____
- _____