



Home Energy Checkup Workbook

Your home, room by room

General educational information. Savings vary by home, climate and rates.
For gas smells or electrical hazards, leave the area and call your utility or 911.
© 2026 Rip & Ride LLC. Free to print for your own use. Please do not resell.

Room-by-room checkup

Walk through with a flashlight. Tick what's done.

Living areas	Done
☐ Vents and radiators not blocked by furniture	
☐ Most-used bulbs are LED	
☐ TV area on a switchable power strip	
☐ Curtains or blinds on sunny windows	

Kitchen and laundry	Done
☐ Fridge set to the manufacturer's recommended temperature	
☐ Dishwasher run full, without heated dry	
☐ Laundry washed in cold water	
☐ Dryer lint filter cleaned every load	

Bathrooms and water heater	Done
☐ No dripping taps or running toilets	
☐ Water heater set to about 120°F	
☐ Showerhead and aerators checked for the WaterSense label	

Draft hunt

On a windy day, hold a lit incense stick near each spot and watch the smoke.

Spot	Draft?	Fix	Done
Front door	☐		☐
Back door	☐		☐
Windows, living room	☐		☐
Windows, bedrooms	☐		☐
Attic hatch	☐		☐
Outlets on outside walls	☐		☐
Pipes under sinks	☐		☐
Dryer vent	☐		☐
Basement or crawlspace	☐		☐
	☐		☐

Make sure furnaces and water heaters still have enough air to vent safely. If unsure, ask a professional.

© 2013 Pearson Education, Inc.

Watts x hours a day / 1,000 = kWh a day. x 30 x your rate = cost a month.

[illegible]

Thermostat schedule

A few degrees for the hours you're asleep or away.

Time	Winter setting	Summer setting
Wake up		
Leave home		
Return home		
Bedtime		
Filter last changed		
Next filter check		
Next professional check		

12-month bill tracker

Compare each month with the same month last year.

Month	Electric kWh	Electric \$	Gas use	Gas \$	Change from last year
Jan					
Feb					
Mar					
Apr					
May					
Jun					
Jul					
Aug					
Sep					
Oct					
Nov					
Dec					

Published by Rip & Ride LLC, 30 N Gould St Ste R, Sheridan, WY 82801. More at savingslantern.com.