

# Solar Decathlon Energy Action Challenge

## How energy efficient are you?



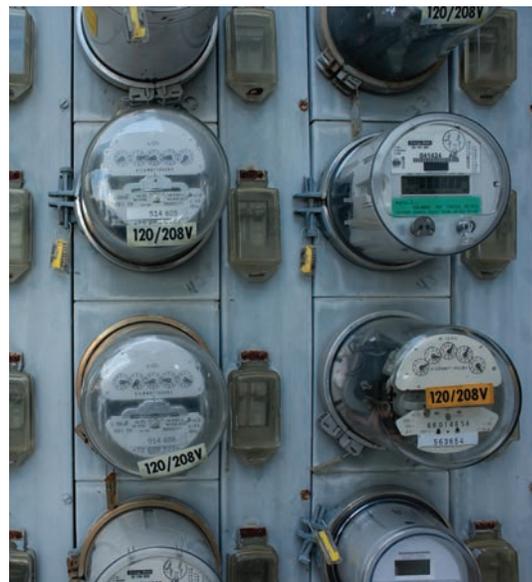
U.S. DEPARTMENT  
OF ENERGY  
**SOLAR**  
DECATHLON

### PART 1

Saving energy is important. Discuss with your family the questions and the answers and place a No or Yes next to each one. Talk about what changes would be needed to answer “Yes” to those questions.

Does your family:

- Use smart powerstrips for computers and televisions?
- Clear furniture, draperies and other items from blocking vents, radiators, and cold air returns?
- Turn off lights when no one needs them?
- Install energy efficient LED lights where possible?
- Schedule energy use during non-peak energy times?
- Carpool for work and family activities?
- Recycle aluminum, plastic, paper, steel, and glass?
- Carry reusable water bottles?
- Wash clothes and dishes with a full load?



### PART 2

Walk around your house with your family and answer the questions:

- At what temperature is your thermostat set? \_\_\_\_\_ Do you use a programmable thermostat? If so, what are the temperature settings? Heating: day \_\_\_\_\_ night \_\_\_\_ Cooling: day \_\_\_\_\_ night \_\_\_\_
- How many unoccupied rooms had lights on? \_\_\_\_\_ How many computers were on that were not in use? \_\_\_\_\_ How many electronic devices were on that were not being used? \_\_\_\_\_ Were light bulbs, light fixtures, skylights, and windows clean? \_\_\_\_\_ How often are they cleaned? \_\_\_\_\_
- Inspect weather stripping around doors and windows. Is the weather stripping new or cracked? \_\_\_\_\_ Has your home added new attic insulation in last 10 years? \_\_\_\_\_
- Does your family use a renewable energy source directly to power your home such as solar panels? \_\_\_\_\_ yes \_\_\_\_\_ no OR purchase green power through your renewable utility power plan? ? \_\_\_\_\_ yes \_\_\_\_\_ no
- Does your family use washable or disposable plates and utensils when preparing and eating dinner? \_\_\_\_\_
- Are there deciduous (leaf-shedding) trees planted on the south and west sides of your home for shade and winter sun? \_\_\_\_\_

## PART 3

Do you and your family know about renewable energy sources? List three types of renewable energy here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

To finish, discuss and answer the comments below.

IN OUR HOME WE:	ALWAYS	SOMETIMES	NEVER
Run the clothes washer and dryer during non-peak energy hours.			
Conserve water by fixing leaks and drips, and only run water when necessary, such as turning the faucet off while brushing teeth.			
Use a lower energy appliance (microwave, toaster oven, or outdoor grill) to cook food whenever possible.*			

\*Home Energy Appliance Calculator:

<https://energy.gov/energysaver/estimating-appliance-and-home-electronic-energy-use>

## PART 4

Find your family energy utility bill to answer the following questions.

- How much electricity did your family consume for last 3 months (in kilowatt hours, kWh)?

\_\_\_\_\_

- Did you notice a change between the three months?
- Why do you think the amount of energy your family used is different or the same?

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