



HOME ENERGY CHECKLIST

Track your home's energy efficiency improvements and start saving today.

Tip. Print this checklist or use it digitally to mark off what you've already completed.



Lighting & Power

- ☐ Replaced all indoor light bulbs with **LED bulbs**
- ☐ Installed motion sensors or timers in hallways/outdoors
- ☐ Connected key appliances to a **smart plug** or **power strip**
- ☐ Unplugged devices when not in use (or scheduled them)



Heating & Insulation

- ☐ Installed a **smart thermostat** (e.g. Nest, Tado*)
- ☐ Lowered thermostat **temperature** by 1-2C
- ☐ Closed curtains at night to retain heat



Water Use

- ☐ Replaced showerhead with a **low-flow model**
- ☐ Reduced shower time to **under 8 minutes**
- ☐ Fixed any **dripping taps** or leaks



Appliance Efficiency

- ☐ Run dishwasher and washing machine only **when full**
- ☐ Run appliances during **off-peak hours**
- ☐ Enabled **eco mode** on all major **appliances**
- ☐ Defrosted freezer to improve efficiency



Extra Efficiency Upgrades

- ☐ Installed **thermal** or **blackout** curtains
- ☐ Upped insulation in loft/attic
- ☐ Upgraded to **double** or **triple-glazed windows**
- ☐ Booked a home energy assesment

Your Notes / Next Steps