

## PERSONAL ENERGY AUDIT

(Adapted from the Alaska Sea Week Curriculum Series, Volume VII)

Read and mark the answers that best describe what you do to save or use energy. Then total up your points for each section. What areas are costing you points? What can you do to improve? Do not worry if you are losing points for questions marked with a \*, as long as you scored highly on the other questions marked with a \* in the same section.

In the winter...	Always	Mostly	Sometimes	Rarely	Never
Do you turn the heat down and use lots of blankets at night?*	4	3	2	1	0
Use an electric blanket?*	4	3	2	1	0
Just keep the whole home warm?	0	1	2	3	4

For your food...	Always	Mostly	Sometimes	Rarely	Never
Do you grow some of your own produce?	4	3	2	1	0
Go foraging?	4	3	2	1	0
Get your food from local farmers and markets?	4	3	2	1	0
Get your food from within the continental US?	4	3	2	1	0
Get your food from overseas?*	0	1	2	3	4

For your eating habits...	Always	Mostly	Sometimes	Rarely	Never
Do you eat food from the four basic food groups every day (with minimal processing?)	4	3	2	1	0

In your spare time:	Always	Mostly	Sometimes	Rarely	Never
Do you read, get outside, or otherwise avoid screentime?	4	3	2	1	0
Ride in motorized vehicles?	0	1	2	3	4
Spend your time in front of a screen?	0	1	2	3	4
Total:					

For your home's insulation...	Always	Mostly	Sometimes	Rarely	Never
Does it maintain temperature without AC?	4	3	2	1	0

For your windows...

	Single paned (0)	Double paned (2)	Triple paned (4)
Are they Plastic coated?	Yes (4)	No (0)	
Heat mirrored?	Yes (4)	No(0)	

	Sweaters and jackets	Long sleeves and pants	Shorts and t-shirt	Swim suits
Does you house temperature in the winter require	4	3	2	1

For your hot water heater...

Is it insulated?	Yes (4)	No (0)
Set to 120 F or less?	Yes (4)	No (0)
On demand, instead of having a tank?	Yes (4)	No (0)

	Always	Mostly	Sometimes	Rarely	Never
When you use the oven...					
Do you cook multiple dishes at once?	4	3	2	1	0
Cook one large dish?	4	3	2	1	0
Cook single-serving meals?	0	1	2	3	4

	Always	Mostly	Sometimes	Rarely	Never
In the summer...					
Do you open windows to stay cool?	4	3	2	1	0
Do you use a fan?	4	3	2	1	0
Use air conditioning?	0	1	2	3	4
Total:					

	Always	Mostly	Sometimes	Rarely	Never
When you wash your clothes...					
Do you hang them to dry, instead of using an electric dryer?	4	3	2	1	0

	Always	Mostly	Sometimes	Rarely	Never
At home...					

Do you turn off lights when you aren't using them?	4	3	2	1	0
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Do you shut off the TV, radio, computers, and other appliances when you're not using them?	4	3	2	1	0
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For your possessions...	Always	Mostly	Sometimes	Rarely	Never
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Do you get things as hand-me-downs and second-hand stores?	4	3	2	1	0
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Do you repair things when they break instead of buying a replacement?	4	3	2	1	0
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How often do you buy brand new products?	0	1	2	3	4
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For transportation...	Always	Mostly	Sometimes	Rarely	Never
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Do you ride a bike or walk?*	4	3	2	1	0
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Take public transit?*	4	3	2	1	0
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Carpool?*	4	3	2	1	0
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Drive yourself, or have someone drive you?	0	1	2	3	4
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