

Home Energy Audit Checklist

A room-by-room walk-through for finding air leaks, standby power and heating and cooling waste yourself. Tick each item and use the right-hand column for notes ("kitchen outlet, north wall"). Work top to bottom: the early sections are free to check. · ecohomeintelligence.com

1. Your bill (5 minutes)

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| ☐ | Compare this month's kWh (or therms) with the same month last year. Usage up means waste at home; usage flat but bill up means rates. | |
| ☐ | Note your price per kWh, including delivery charges. You need it to put a dollar value on anything you find. | |

2. Air leaks (DOE smoke test)

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| ☐ | On a windy day, or with windows shut and all exhaust fans on, hold a lit incense stick near windows, doors, outlets, switch plates, ceiling fixtures, plumbing penetrations and the attic hatch. Smoke that moves sideways marks a leak. | |
| ☐ | Close each exterior door on a sheet of paper. If it slides out easily, the weatherstripping is not sealing. | |
| ☐ | Check outlets and switches on exterior walls; seal leaky ones with foam gaskets behind the cover plate. | |
| ☐ | Look where pipes, wires and vents pass through walls, floors and the attic floor; gaps there are often the largest leaks. | |

3. Attic and insulation

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| ☐ | Look across the attic floor: if the insulation is level with or below the tops of the floor joists, you probably need more (ENERGY STAR). Walk only on joists, and do not disturb grey, pebble-like vermiculite insulation until it has been tested for asbestos. | |
| ☐ | Check the attic hatch or door is insulated on top and weatherstripped around the edge. | |
| ☐ | In the basement or crawlspace, check the rim joist (where the house sits on the foundation) for gaps and bare wood. | |

4. Heating and cooling

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| ☐ | Check the air filter. ENERGY STAR advises checking it monthly and changing it at least every three months. | |
| ☐ | Is the thermostat set back at night and when the house is empty? Is it out of direct sun and away from drafts and supply vents? | |
| ☐ | Heat pump with electric backup: find out whether auxiliary heat runs on mild days (see the thermostat's aux heat or lockout setting). | |
| ☐ | Look at any ducts you can reach in the attic, basement or garage for disconnected joints and gaps. | |
| ☐ | Check indoor humidity with a hygrometer; EPA recommends keeping it below 60%, ideally 30–50%. | |

5. Standby power (the night walk)

- ☐ After dark, walk through every room and list anything with a glowing light, clock or warm power brick.
- ☐ Measure the biggest suspects (TV and media, game consoles, computer, printer, old appliances) with a plug-in watt meter.
- ☐ Put the worst clusters on a smart power strip or timer so they switch off overnight.

6. Lighting and hot water

- ☐ Replace remaining incandescent or halogen bulbs in the most-used fixtures with ENERGY STAR certified LEDs.
- ☐ Check the water heater thermostat; DOE suggests 120°F for most households.
- ☐ Note any lights left on in garages, closets and outside during the day; those are candidates for motion sensors or photocells.

7. Decide the order

- ☐ List everything you found. Do the free fixes first (settings, schedules, filters), then the cheap ones (gaskets, weatherstripping, power strips), then the bigger jobs (insulation, sealing ducts).
- ☐ For each bigger job, estimate the saving at your price per kWh before you buy anything.

Sources: U.S. Department of Energy, Energy Saver Guide (2022); ENERGY STAR (DIY checks and inspections; Heat and Cool Efficiently); U.S. EPA indoor humidity guidance. EcoHome Intelligence guides are AI-assisted and reviewed by a person; we do not test products in-house. This checklist is general guidance, not a professional energy audit. Turn off power before working near electrical boxes, and call a professional for anything involving gas appliances, wiring or ductwork you cannot safely reach.