



This fun exercise is meant to empower you with recognition for good energy choices you have already made and to give you a nudge to make more good choices. We hope it makes you think, and even more, we hope you act!

Personal Habits and Choices

- Percentage of compact fluorescent, T-8, T-5 or LED lights in the house
add 2 pts for each 10%, add 10 bonus pts if all your lights are efficient _____
- Number of Phantom Loads in the house (stereo, TV, garage door opener, cordless telephones, computers, printers, microwave oven, electrical clocks, etc.)
subtract 5 pts for each _____
- Number of Power Strips **used** to turn off Phantom Loads, *add 10 pts each* _____
- TV/radio/lights that remains on when no one is home, *subtract 5 pts each* _____
- Consistent recycling of paper, aluminum, plastic, glass, batteries, toner, et cetera,
add 3 pts for each material _____
- Composting of kitchen scraps and other biodegradable stuff, *add 5 pts* _____
- Holiday lights, *subtract 1 pt for each 10 feet of lighting, unless LED* _____
- Hairdryer and/or curling iron, *subtract 5 pts each* _____
- Air conditioner, *subtract 50 pts for each window unit;*
subtract 150 pts for whole-house air conditioning _____
- Consistent use of insulating window coverings, *add 35 points* _____
- Solar-powered garden lights, *add 5 pts*; Solar-powered flood lights, *add 5 pts* _____
- Green Household Careers, *add or subtract up to 50 pts, based on impact, be fair!* _____
- Buy locally grown and/or organic food, *add percentage of daily meals* _____
- Grow your own food, *add percentage of daily meals* _____
- Eat at restaurants or fast food, *subtract # of visits per family member per month* _____
- Use a clothesline instead of a clothes dryer, *add percentage of outdoor drying* _____
- Limit the lawn mowing, cut when 4 inches or higher, *add 15 pts* _____
- No lawn to mow (including no lawn maintenance companies), *add 100 pts* _____
- Use of hand-powered or electric lawnmower, *add 25 pts* _____
- Trash removal, *subtract: # bags/month, divide by # residents, then x 4* _____
- Communicate with state and federal legislators about energy issues, *add 10 pts/effort/yr* _____
- Be a NHSEA member, *add 15 pts* _____

over, please subtotal _____

www.nhsea.org

Walk the Talk Green Energy Scorecard, *continued...*

Home Energy System Choices

- Square footage of home, _____
Subtract: (divide sq. ft. by 100, then divide by # residents, then x4)
- Energy Star Appliances, *add 10 pts for each appliance (max 50 pts)* _____
subtract 10 pts for each large appliance more than ten years old
- Water conservation showerhead, low-flow toilets, *add 2 pts each* _____
- Composting toilet, *add 30 pts each* _____
- Domestic Hot Water:** Solar Hot Water for domestic hot water, *add 200 pts;* _____
AquaStar or equivalent, *add 15 pts;* _____
Electric Hot Water, *subtract 100 pts* _____

Insulation value on home:

- add/subtract 1 pt for each R value above/below 25 in walls; 40 in ceilings* _____
- add 15 pts for "green" insulation: recycled denim, blown-in cellulose, soy-based icynene, et cetera* _____
- Passive Solar Home Design, *add 50 pts* _____
- Photovoltaics and/or wind power the house, *add percent used by the house* _____
- Green Tags/Renewable Energy Credits to offset emissions, *add 50 pts* _____
- Green Power from your utility, *add percent used by the house* _____
- Zero Energy Home, *add 100 pts*; Energy Star rated home, *add 50 pts* _____
- Primary heating:** *add 50 pts for geothermal heating and cooling;* _____
add 30 pts for efficient wood heat or biodiesel heat; _____
add 10 pts for radiant heat; _____
subtract 30 pts for fossil-fuel primary heating _____
- Heat/Energy/Air recovery system, *add 35 pts* _____
- Paved driveway, *subtract 25 pts* _____

Transportation Choices

- Carpool, bike, walk, or use public transportation twice a week, *add 50 pts* _____
- Work from home twice a week, *add 50 pts per adult* _____
- Don't own a car, *add 100 pts* _____
- Hybrid, low-emissions, or alternatively fueled car, *add 50 pts each* _____
- Monthly fossil fuel usage for transportation, *subtract household # of gallons* _____
- Biodiesel for transportation, *add 10 pts for B20; 50 pts for B100* _____

subtotal from other side _____ subtotal this side _____

Can NHSEA help you improve your score?

Total _____

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The New Hampshire Sustainable Energy Association mission is to educate New Hampshire citizens and organizations about sustainable energy, and to advocate in New Hampshire for favorable sustainable energy policies. For more information please visit us on the web at www.nhsea.org.