



OCTOBER 2016: ENERGY ACTION MONTH



October is Energy Action Month (EAM). Become an Energy Champion by completing as many daily challenges as possible. Try to involve your colleagues or family. Each week has a different focus, so keep your eye on the icons. At the end of the month, add up the points for the items you completed to see where you rank!

Think you're efficient? Define what Energy Action means to you.

5 pts

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						2
						3
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						5
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Turn off at least three lights today that you don't need.  3 pts	Walk around your home or work and figure out what kind of bulbs you have.  3 pts	Use sunlight instead of turning on lights during the day.  5 pts	Replace an incandescent light with an LED.  7 pts	The sun isn't just for natural light – find out if your base has solar, and learn about it!  3 pts	Instead of big overhead lights, use small lights in reading or work areas.  3 pts	Mock power outage! Pretend you don't have lights tonight.  10 pts
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Turn off the water while you brush your teeth today.  3 pts	Try a cooler shower than usual!  5 pts	Investigate to find out what kind of faucets you have – low-flow or no?  7 pts	Try to time your shower – can you keep it under 5 minutes?  7 pts	Only run the dishwasher when it's full.  3 pts	Wash your laundry in cold water.  5 pts	Search inside and outside your home for leaks – fix or report any you find!  10 pts
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Check windows and doors for leaks and make sure they're closed if heat/AC is on.  7 pts	Open windows at night for cool air instead of turning on the AC.  5 pts	Look at your furniture and move anything that blocks the air vents.  7 pts	If you're heating, set it at 68 degrees or lower. If using AC, set it at 78 or higher.  5 pts	Watch what you're wearing – change clothes to be comfy for the temperature.  3 pts	Has your AC filter been checked this year? Get it cleaned or replaced.  10 pts	Get out and have fun – and turn off the heat or AC when you leave!  5 pts
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Time for a tour – go around and unplug appliances/electronics you don't need!  7 pts	Try to see if you can get away with charging your cell phone just once today.  5 pts	Unplug all chargers as soon as you are done with them.  3 pts	Plug electronics (TVs, game consoles, etc.) into a power strip that can be turned off.  7 pts	Are your appliances efficient? Energy Star? Look them up and see!  3 pts	Shut down your computer and monitor when it's not in use.  5 pts	Have fun without electronics today. Go outside, read, or play a board game!  5 pts
						30
						31
Think back on the month – pledge to make at least 4 new things permanent habits! 10 pts	Happy Halloween! Get spooky (if allowed!) with jack-o-lanterns or candles instead of lights. 5 pts	Energy Champion: 125+ points Efficient Warrior: 100+ points Conservation Whiz: 75+ points Power Saver: 50+ points Energy Smart: 25+ points			WHAT WAS YOUR SCORE?  Share on social media with #EnergyEthos and #EnergyActionMonth, and post fun photos of your efficient activities!	