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The Smart Home Energy Savings Starter Kit

A practical, plain-language workbook for homeowners and renters who want to use less electricity and buy smarter home products.

1. Read your bill & find your cost per kWh
2. Room-by-room energy audit
3. LED replacement & savings worksheet
4. Thermostat schedules by season
5. Standby power & appliance checklist
6. Smart-product buying worksheet
7. 7-day action plan & monthly tracker

Fill in the worksheets on screen (fillable fields) or print and write by hand.
All figures are estimates. Results vary by rates, usage, climate and equipment.

FREE SAMPLE PAGES

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Before you start

How to use this kit — and what it can't promise

This kit walks you through seven short sections. Start with Section 1: once you know what you actually pay per kilowatt-hour (kWh), every other worksheet becomes more accurate. You don't need special tools — just a recent electric bill, a pen or this PDF open on screen, and about an hour spread over a week.

What's inside

1. Read your bill & find your cost per kWh
2. Room-by-room energy audit
3. LED replacement & savings worksheet
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Safety first

This kit never asks you to do electrical work. Do not open outlets, switches, panels, appliances or light fixtures, and do not remove covers from electrical equipment. Hardwired devices (thermostats, switches, outdoor fixtures) should be installed by a licensed electrician or HVAC professional unless the manufacturer's instructions say otherwise and you are qualified. Turn off power before changing any bulb, and let hot bulbs cool.

Disclaimer

All examples use illustrative numbers. Your results depend on your electricity rate, how you use your home, local climate, the age and condition of your equipment, and many other factors. Nothing here is a guarantee of savings, and it is not professional engineering, financial or electrical advice.

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SECTION 1

Read your bill & find your cost per kWh

Your real rate is the single most useful number in this kit

Your bill charges you for energy (kWh) plus fixed and variable fees. To compare products fairly, you want your all-in cost per kWh: the total of every charge that grows with usage, divided by the kWh you used.

Where to look on a typical bill

- Billing period — the dates covered (usually 28–33 days).
- Total kWh used — sometimes labeled 'usage', 'energy', or 'consumption'.
- Supply / generation charge — the price of the electricity itself.
- Delivery / distribution charge — the cost to move it to your home.
- Fixed customer charge — a flat monthly fee that does NOT change with usage.
- Taxes, riders and fees — some are per-kWh, some are flat.

The formula

Cost per kWh = (Total bill − fixed monthly charges) ÷ Total kWh used

Example (illustrative): bill $142.60, fixed charge $12.00, usage 870 kWh → (142.60 − 12.00) ÷ 870 = $0.150 per kWh.

Your worksheet — fill in from three recent bills

Bill month	Total bill ($)	Fixed charges ($)	kWh used	Cost per kWh ($)

Average cost per kWh (add the three results ÷ 3):

> **Tip**
> If your utility uses time-of-use rates, write down the peak and off-peak prices separately. Shifting flexible loads (dishwasher, laundry, EV charging) off-peak can matter as much as using less.

SECTION 2

Room-by-room energy audit

Walk through your home with this list — no tools or ladders needed

Kitchen

- [ ] Fridge door seals close firmly on a sheet of paper
- [ ] Fridge/freezer not set colder than needed (check manual)
- [ ] Dishwasher run with full loads
- [ ] Small appliances unplugged or on a switched strip
- [ ] Range-hood and under-cabinet lights use LEDs

Living room / entertainment

- [ ] TV, console and soundbar on a smart or advanced power strip
- [ ] Game console set to energy-saving standby
- [ ] Lamps use LED bulbs
- [ ] Curtains/blinds used to manage sun and heat

Bedrooms & office

- [ ] Chargers unplugged when not in use
- [ ] Computer/monitor sleep settings enabled
- [ ] Printer turned off when idle
- [ ] Space heaters never left unattended

Bathrooms & laundry

- [ ] Exhaust fans switched off after use (or on a timer switch installed by a pro)
- [ ] Washer uses cold water where suitable
- [ ] Dryer lint filter cleaned every load
- [ ] Water heater temperature checked against manufacturer guidance

Whole home & outdoors

- [ ] Visible drafts at doors/windows noted for weatherstripping
- [ ] Outdoor lights on motion sensors, timers or dusk-to-dawn
- [ ] HVAC filter checked on schedule
- [ ] Thermostat schedule set (see Section 4)

Notes / priority fixes:

SECTION 3

LED replacement & savings worksheet

Transparent math — plug in your own numbers

Common replacement guide (approximate brightness)

Old incandescent	Typical LED equivalent	Approx. lumens
40 W	~5–6 W	~450
60 W	~8–10 W	~800
75 W	~11–13 W	~1,100
100 W	~14–17 W	~1,600
Check packaging	Match lumens, not watts	

The formulas

Watts saved per bulb = Old watts − New watts

kWh saved per year = Watts saved × Bulbs × Hours/day × 365 ÷ 1,000

Dollars saved per year = kWh saved per year × Your cost per kWh (Section 1)

Illustrative example (assumptions, not a promise): 10 bulbs, 60 W → 9 W, 3 hours/day, $0.15/kWh. Watts saved = 51. kWh/year = 51 × 10 × 3 × 365 ÷ 1,000 ≈ 558 kWh. Dollars/year ≈ 558 × 0.15 ≈ $83.75. Your result will differ.

Your worksheet

Room / fixture	Bulbs	Old W	New W	Hrs/day	kWh/yr saved	$/yr saved

Total estimated annual savings: $