

Participants Name : _____

Date: _____

1. Which objects have you selected for the purpose of Lighting.

- Switching to energy-efficient LED bulbs.
- Turning off lights when not in use.
- Utilizing natural light whenever possible.
- Installing motion sensors or timers to automatically control lighting.

2. Which objects have you selected for the purpose of Heating and Cooling

- Setting thermostats to optimal temperatures for comfort and energy efficiency.
- Using programmable thermostats to schedule temperature adjustments based on occupancy.
- Keeping windows and doors properly sealed to prevent drafts.
- Insulating walls, roofs, and floors to minimize heat loss or gain.

3. Which Appliances and Electronics objects have you selected.

- Energy-efficient appliances with high Energy Star ratings.
- Unplugging electronics or use power strips to avoid standby power consumption.
- Opting for energy-saving modes or features on appliances and electronics.
- Using natural ventilation or fans instead of air conditioning when appropriate.

4. Which Appliances and Electronics objects have you selected for water heating?

- Setting water heaters to appropriate temperatures (120°F or 49°C).
- Insulating hot water pipes to reduce heat loss.
- Using cold water for laundry whenever possible.
- Taking shorter showers and use low-flow showerheads.

5. Which object have you selected for Energy Management?

- Conducting regular energy audits to identify areas for improvement.
- Monitoring energy consumption through smart meters or energy monitoring systems.
- Analysing energy data to identify patterns and opportunities for energy efficiency.
- Implementing energy management systems to control and optimize energy usage.

6. What objects you think is appropriate for Building Envelope:

- Improving insulation in walls, roofs, and floors.
- Sealing air leaks around windows, doors, and other openings.
- Installing double-glazed windows for better thermal insulation.
- Utilizing shading devices or reflective coatings to reduce heat gain.

7. Which objects have you selected for Behavioural Changes:

- Turning off lights and appliances when not in use.
- Using natural ventilation or adjust thermostat settings instead of relying solely on air conditioning.
- Opting for stairs instead of elevators for shorter distances.
- Encouraging awareness and participating in energy-saving practices.