

aFewSteps.org

Your Sustainability Coach

Thank you for your interest in working with a Sustainability Coach from **aFewSteps.org**. Your Sustainability Coach will help you identify the most cost-effective and high-impact actions your family can take to reduce its carbon footprint. Specifically, we will help you sort through the options and create a plan that is realistic and tailored to the objectives of your household. Your **aFewSteps** Sustainability Coach will work with you as an ongoing partner to answer questions and make sure your family achieves its sustainability goals.

Please prepare for the meeting with your Sustainability Coach by gathering the following information:

1. Have copies of your most recent **PECO bills**. Please have at least your most recent bill ready to review together. If you could have several months of bills, even better.

If you do not have recent copies of your PECO bills you can request them online by going to **www.peco.com** Go to **Manage My Account**, and either login or sign up. Then go to **Billing History**. You can request bills up to 24 months back. Twelve months should be plenty.

2. Have copies of your most recent Aqua PA bill.
3. If you use something other than natural gas or electricity to heat your home, please have copies of your most recent fuel bills. A full heating season is ideal.
4. What is the square footage of your home? _____

You can find the approximate square footage of your home on Zillow.com.

5. What year was your home built? _____

Also at Zillow.com

What to expect when you meet with your Sustainability Coach

We'll start by sitting down together to go over your utility bills and the following questionnaire, which will take between 15 minutes and a half hour. It's designed to give your Coach some background information on your sustainability interests, your household and your home energy usage patterns. Please answer the first question about your objectives. Feel free to answer as many of the other questions as you'd like ahead of time. Your Sustainability Coach will work with you to complete the questionnaire when you meet for the first time in your home.

Afterwards, your Coach will want to tour all the important areas of the house, usually starting in the basement, then proceeding to the kitchen, living areas, baths, and attic or storage space. The purpose of this is to identify the relevant components of your house's "envelope" and mechanical equipment, to assess their condition and age, and to look for indications of inefficiency, energy loss, and other relevant issues. Your Coach will also take note of improvements already in place. Please accompany your Sustainability Coach throughout the house tour to answer any questions that he/she may have.

Please keep in mind that a Sustainability Coach consultation is an observational evaluation, and not a formal energy audit. Our Coaches are trained volunteers, not professionals. This evaluation, and the recommendations resulting from it, are a free service of aFewSteps.org, and are provided only as a guide for homeowners. No warranty or guarantee is made as to the completeness, accuracy, or appropriateness of any information and material presented here. Owners are urged to consult a properly licensed and certified professional before undertaking any major repairs or alterations, and to comply with all applicable zoning and building codes.

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Household Sustainability Questionnaire

Name: _____

Address: _____

Phone: _____

Email: _____

Your Objectives:

Which of the following statements applies to you and your family? Please rank order (1 to 3) with 1 being the statement that best represents your reason for requesting a Sustainability Coach:

_____ I want to spend less money heating and cooling my home.

_____ I want to be more intentional about what I buy and how I use resources.

_____ I want my house to be more comfortable.

_____ I want a healthier home.

_____ I want to figure out the best way for me to do my part to minimize climate change.

_____ Other _____

Your Household:

How many trash containers do you put out each week?

How many recycling containers? _____

Do you buy bottled water? _____ If so, how much per week?

Do you compost your kitchen waste? _____ Yard waste?

Do you water your lawn or garden? _____ If so, how often?

What lawn watering system do you use? (hoses, sprinklers, irrigation)

What time of day do you water your lawn or garden?

Do you have a rain barrel? _____ How often do you use it for watering? _____

Would you be interested in learning more about sustainable lawn & gardening practices? _____

How many minutes of showers per week? _____ How many baths?

How many dishwasher loads? _____ Washing machine loads? _____

Do you ever run out of hot water? _____

Do you have a clothesline? _____ How often do you use it? _____

Are you mindful of the amount of meat your family eats?

Are you concerned about the carbon impact of food consumption? _____

Does your family like to bike or walk?

At what temperature do you set your thermostat in the winter?

Daytime when people are home? _____

Daytime when people are not home? _____

Overnight? _____

At what temperature do you set your thermostat in the summer?

Daytime when people are home? _____

Daytime when people are not home? _____

Overnight? _____

Do you open and close blinds and curtains to control room temperature?

How often do you service your heating system? _ Cooling system? _____
How often do you change your filters?

Do you switch off electronic devices when not in use?

Does your family turn off lights when not in the room?

Have you switched electricity providers? _____ If so, to which one?

Your Family:

How many adults live in your home? _____

How many drivers do you have? _____

Adult #1

How many miles driven per week? _____

(Commuting to work? Errands? Recreation? Other?)

Adult #2

How many miles driven per week? _____

(Commuting to work? Errands? Recreation? Other?)

Adult #3

How many miles driven per week? _____

(Commuting to work? Errands? Recreation? Other?)

How often do you service your cars?

How many children live in your home? _____

What ages? _____, _____, _____, _____, _____, _____

How do they usually get to school? (bus, car, carpool, walk, bike, other?)

How do your children usually get to activities? (car, carpool, walk, bike, other?)
