

GEN LESS[^]

HOUSEHOLD CHALLENGE

Keen to reduce your energy costs and live a more climate-friendly lifestyle? This Gen Less challenge will show you where you can make savings on your energy use in your everyday life.

You get points for each action you take, so get started and see how many you can score.

Check out genless.govt.nz for ways you can live more with less energy.

Your challenge actions	Points	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
Score points every time you complete these actions									
Less than 5 min shower per person	1 Per shower. Max 1pp per day								
Use cold water laundry washes	1 Per load								
Hang the laundry outside to dry	10 Per load								
Score points once per day for these actions									
Turn off your heated towel rail when not in use, or put it on a timer	1 Per day								
Heat your room to between 18-21C	5 Per day								
Only heat the rooms you are using	2 Per day								
1x adult avoided car use for the day* – car share with a mate or use public transport	25 Per day								
1x adult no car use for the day – go by bike, or walk	50 Per day								
A - TOTAL POINTS									

Check your shower isn't using too much water – See below for how to check	30	
Use LED lightbulbs in high use areas	20	
Turn off the second fridge, if no second fridge, give yourself the points	10	
Clean your heat pump filter once a month, see genless.govt.nz/heatpumps	2	

Wildcard #1: Check your carbon footprint on www.FutureFit.nz	5	
Wildcard #2: Check if the insulation in your ceiling is the recommended 12cm deep	20	

B - TOTAL POINTS

DID YOU KNOW?

- Hot water makes up about 1/3 of your power bill
- A healthy home is at least 18-21C
- Reducing diesel and petrol car use makes a huge difference to our carbon emissions and impact on the environment

HOUSEHOLD TOTAL

A + B

*Points are indicative of carbon savings. If the action is already in place, award yourself the points. Car share means sharing your car trips with others you don't normally share with. An efficient shower should use 9 litres of water per minute or less. To check how much water your shower uses, grab a 10 litre bucket and fill it using your shower. If it fills in less than a minute your shower is using too much water, so fit a flow restrictor or a new shower head. This saves both energy and water.