

KANPOWER challenge

The logo features a central circle divided into four quadrants: top-left is red, top-right is yellow, bottom-left is white, and bottom-right is black. A blue lightning bolt strikes from the top-right quadrant towards the bottom-left. This circle is surrounded by a yellow sunburst with multiple sharp points.

*Your Schedule to a More Energy
Self-Sufficient Community!*



INSTRUCTIONS

- 1) Take the KanPower Challenge pledge
- 2) Find a recent BC Hydro bill and bring it to the KanPower Challenge kick-off meeting (November 15, 2018)
- 3) Sign up for My Hydro account at the kick-off meeting (November 15, 2018)
- 4) Hang the KanPower Challenge Calendar in your kitchen/living room
- 5) Practice energy conservation and efficiency actions each week; new action every Thursday
- 6) Add up the points for each energy conservation and efficiency action each week
- 7) Add up total points each month based on actions taken
- 8) Get bonus points by taking a photo of completed energy efficiency actions (pink) and email to (email to be determined)
- 9) Join seasonal energy saving workshops. Watch for announcements
- 10) Have fun and share your energy conservation and efficiency actions with friends and family!



KANPOWER challenge

DECEMBER 2018

MY CONSERVATION AND EFFICIENCY ACTIONS:

SUN	MON	TUE	WED	THU	FRI	SAT
KANPOWER CHALLENGE BEGINS						1
2	3	4	5	ACTION 1	6	7
				LIGHTING		
9	10	11	12	ACTION 2	13	14
				LIGHTING		
16	17	18	19	ACTION 3	20	21
				LIGHTING		
23	24			ACTION 4		
30	31	25	26	27	28	29
				LIGHTING		

ACTION 1: Turn off lights when not in use or in room (1 point)

ACTION 2: Use task lighting (1 point)

ACTION 3: Use natural daylight instead of turning on lights (1 point)

ACTION 4: Install LED lights in two rooms (10 points PLUS 1 bonus point for photo)

DECEMBER POINTS:



KANPOWER challenge

JANUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	ACTION 5	3	4
				HOME HEATING		
6	7	8	9	ACTION 6	10	11
				HOME HEATING		
13	14	15	16	ACTION 7	17	18
				HOME HEATING		
20	21	22	23	ACTION 8	24	25
				HOME HEATING		
27	28	29	30	ACTION 9	31	
				APPLIANCES/ELECTRONICS		

MY CONSERVATION AND EFFICIENCY

ACTIONS:



ACTION 5: Change furnace filter (2 points)



ACTION 6: Shrink wrap your windows in winter (15 points PLUS 1 bonus point for photo)



ACTION 7: Vacuum baseboards and vents before heating season (3 points)



ACTION 8: Check door sweeps and seals. Fix or install if air comes under door/ windows. (10 points PLUS 1 bonus point for photo)



ACTION 9: If using dryer, use lower heat setting on dryer such as permanent press (1 points)



JANUARY POINTS:



KANPOWER challenge

FEBRUARY 2019

MY CONSERVATION AND EFFICIENCY ACTIONS:

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	ACTION 10	7	8
APPLIANCES/ELECTRONICS						
10	11	12	13	ACTION 11	14	15
APPLIANCES/ELECTRONICS						
17	18	19	20	ACTION 12	21	22
APPLIANCES/ELECTRONICS						
24	25	26	27	ACTION 13	28	
WATER/ENERGY						

ACTION 10: Clean dust from back of fridge 2-times a year (5 points)

ACTION 11: Set computer to sleep mode when not in use (1 point)

ACTION 12: Check to see if TV has power saver mode and use it. (1 point)

ACTION 13: Lower hot water tank temp to 60 C (3 points PLUS 1 bonus point for photo)

FEBRUARY POINTS:



KANPOWER challenge

MARCH 2019

MY CONSERVATION AND EFFICIENCY ACTIONS:

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	ACTION 14	7	8
				WATER/ENERGY		
10	11	12	13	ACTION 15	14	15
				WATER/ENERGY		
17	18	19	20	ACTION 16	21	22
				WATER/ENERGY		
24				ACTION 17		
31	25	26	27	28	29	30
				LIGHTING		

ACTION 14: Turn off water heater while on vacation (3 points)

ACTION 15: Insulate hot water pipes (10 points PLUS 1 bonus point for photo)

ACTION 16: Wash clothes in cold water (2 points)

ACTION 17: Turn off lights when not in use or in room (1 point)

MARCH POINTS:



KANPOWER challenge

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	ACTION 18	4	5
				LIGHTING		6
7	8	9	10	ACTION 19	11	12
				LIGHTING		13
14	15	16	17	ACTION 20	18	19
				LIGHTING		20
21	EARTH DAY	22	23	ACTION 21	25	26
				HOME HEATING		27
28	29	30				

MY CONSERVATION AND EFFICIENCY

ACTIONS:

- ACTION 18:** Install LED lights in two rooms (10 points PLUS 1 bonus point for photo)
- ACTION 19:** Use task lighting (1 point)
- ACTION 20:** Clean indoor light fixtures (1 points)
- ACTION 21:** Open south-facing curtains in winter and close at night (2 points)

APRIL POINTS:



KANPOWER challenge

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1	ACTION 22 2	3	4
				HOME HEATING		
5	6	7	8	ACTION 23 9	10	11
				HOME HEATING		
12	13	14	15	ACTION 24 16	17	18
				HOME HEATING		
19	20	21	22	ACTION 25 23	24	25
				APPLIANCES/ELECTRONICS		
26	27	28	29	ACTION 26 30	31	
				APPLIANCES/ELECTRONICS		

MY CONSERVATION AND EFFICIENCY

ACTIONS:

- ACTION 22:** Install a programmable thermostat (15 points PLUS 1 bonus point for photo)
- ACTION 23:** Remove clothing layer before opening windows to cool down (2 points)
- ACTION 24:** Slowly increase temperature on thermostat or keep wood coals burning throughout the night (2 points)
- ACTION 25:** Clean dust from back of fridge 2-times a year (5 points)
- ACTION 26:** Clean lint filter after every load of clothes and vacuum out dryer hose (3 points)

MAY POINTS:





KANPOWER challenge

JUNE 2019

MY **CONSERVATION**
AND **EFFICIENCY**
ACTIONS:

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	ACTION 27	6	7
APPLIANCES/ELECTRONICS						
9	10	11	12	ACTION 28	13	14
APPLIANCES/ELECTRONICS						
16	17	18	19	ACTION 29	20	21
WATER/ENERGY						
23				ACTION 30		
30	24	25	26	27	28	29
WATER/ENERGY						

- ACTION 27:** Purchase and use a drying rack for clothes instead of using dryer (8 points PLUS 1 bonus point for photo)
- ACTION 28:** Purchase and use a power bar and turn-off/unplug when not using electronics (5 points PLUS 1 bonus point for photo)
- ACTION 29:** Install low-flow shower heads (10 points PLUS 1 bonus point for photo)
- ACTION 30:** Remove shrink wrap from windows (5 points)

JUNE POINTS:



KANPOWER challenge





JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	ACTION 31 4	5	6
				WATER/ENERGY		
7	8	9	10	ACTION 32 11	12	13
				WATER/ENERGY		
14	15	16	17	ACTION 33 18	19	20
				LIGHTING		
21	22	23	24	ACTION 34 25	26	27
				LIGHTING		
28	29	30	31			


MY CONSERVATION AND EFFICIENCY

ACTIONS:

 **ACTION 31:** Use a plug in the sink while washing dishes (1 point)

 **ACTION 32:** Wash only full loads of dishes and clothes (2 points)

 **ACTION 33:** Replace outdoor lights with LED (10 points PLUS 1 bonus point for photo)

 **ACTION 34:** Use natural daylight instead of turning on lights (1 point)

JULY POINTS:




KANPOWER challenge





AUGUST 2019


SUN	MON	TUE	WED	THU	FRI	SAT
				ACTION 35		
				1	2	3
				LIGHTING		
4	5	6	7	ACTION 36	8	9
				10		
				LIGHTING		
11	12	13	14	ACTION 37	15	16
				17		
				HOME HEATING		
18	19	20	21	ACTION 38	22	23
				24		
				HOME HEATING		
25	26	27	28	ACTION 39	29	30
				31		
				HOME HEATING		


MY CONSERVATION AND EFFICIENCY ACTIONS:

 **ACTION 35:** Replace fridge and freezer lights with LED (5 points PLUS 1 bonus point for photo)

 **ACTION 36:** Turn lights out when leaving a room (1 point)

 **ACTION 37:** Plant a shade tree to reduce summer heat (15 points PLUS 1 bonus point for photo)

 **ACTION 38:** Ensure outdoor air and heat intakes are free from vegetation crowding (4 points)

 **ACTION 39:** Close south-facing curtains in summer and open at night (4 points)

AUGUST POINTS:





KANPOWER challenge

SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	ACTION 40	5	6
				HOME HEATING		
8	9	10	11	ACTION 41	12	13
				APPLIANCES/ELECTRONICS		
15	16	17	18	ACTION 42	19	20
				APPLIANCES/ELECTRONICS		
22	23	24	25	ACTION 43	26	27
				APPLIANCES/ELECTRONICS		
29	30					

MY CONSERVATION AND EFFICIENCY

ACTIONS:

- ACTION 40:** Avoid using the oven in summer months (4 points)
- ACTION 41:** Use microwave and toaster oven to cook or warm up left overs opposed to an oven (2 points)
- ACTION 42:** Ensure 3-inch gap between wall and back of fridge (4 points)
- ACTION 43:** Manually defrost freezer (4 points)

SEPTEMBER POINTS:



KANPOWER challenge

OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	ACTION 44	3	4
				APPLIANCES/ELECTRONICS		
6	7	8	9	ACTION 45	10	11
				WATER/ENERGY		
13	14	15	16	ACTION 46	17	18
				WATER/ENERGY		
20	21	22	23	ACTION 47	24	25
				WATER/ENERGY		
27	28	29	30	ACTION 48	31	
				WATER/ENERGY		

MY CONSERVATION AND EFFICIENCY

ACTIONS:

ACTION 44: Keep freezer and fridge at ideal temperatures, 2 C and -18 C, respectively (2 points)

ACTION 45: Turn off water heater while on vacation (3 points)

ACTION 46: Reduce shower time by 4 minutes (4 points)

ACTION 47: Turn off water while washing hands, brushing teeth and shaving (1 point)

ACTION 48: Wash only full loads of dishes and clothes (2 points)

OCTOBER POINTS:



KANPOWER challenge



NOVEMBER 2019

MY CONSERVATION AND EFFICIENCY ACTIONS:

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	ACTION 49	7	8
				WATER/ENERGY		
10	11	12	13	ACTION 50	14	15
				MISC		
17	18	19	20	ACTION 51	21	22
				MISC		
24	25	26	27	ACTION 52	28	29
				MISC		

ACTION 49: Turn off water while washing hands, brushing teeth and shaving (1 point)

ACTION 50: Clean outdoor light fixtures (4 points)

ACTION 51: Insulate outlet plates on exterior walls (7 points PLUS 1 bonus point for photo)

ACTION 52: Put on a sweater instead of turning up heat (3 points)

NOVEMBER POINTS:

