

DIY Home Energy Audit & Air-Sealing Checklist

A walk-through to find drafts, missing insulation and the cheap fixes that pay back first. Do it on a cold, windy day with a lit incense stick or a thermal camera.

Home _____ Date _____
Outdoor temp / wind _____ Done by _____

Tip: close all windows, turn on bath and kitchen exhaust fans to depressurize the house, then move a lit incense stick slowly around each spot below. Where the smoke wavers, there is a leak.

Living spaces

- | | |
|---|--|
| ☐ Window sashes and frames (lock them tight) | ☐ Recessed lights in top-floor ceilings |
| ☐ Exterior door sweeps and weatherstripping | ☐ Fireplace damper closes and seals |
| ☐ Baseboards on exterior walls | ☐ Attic hatch or pull-down stairs |
| ☐ Outlets and switches on exterior walls | ☐ Dryer vent flap closes |

Attic

- | | |
|---|---|
| ☐ Insulation depth (in) at 3-4 spots: ____ | ☐ Chimney / flue chase sealed with fire-rated material |
| ☐ Gaps or bare spots between joists | ☐ Baffles at the eaves; soffit vents clear |
| ☐ Top plates, wire and pipe holes sealed | ☐ Ducts in the attic sealed and insulated |

Basement, crawl space and mechanicals

- | | |
|--|--|
| ☐ Rim joists sealed and insulated | ☐ Duct joints sealed with mastic or foil tape |
| ☐ Sill plate gaps | ☐ Hot water pipes insulated (first 6 ft at least) |
| ☐ Crawl space vents / vapor barrier condition | ☐ Water heater temperature ~120 °F |
| ☐ Floor over unheated space insulated | ☐ Furnace / heat pump filter date: ____ |

Fix first

Problem	Where	Fix (caulk, foam, weatherstrip, insulation)	Cost	Done

Air sealing is usually the cheapest energy fix per dollar, and it should come before adding attic insulation. A professional audit with a blower door test measures leakage; many utilities subsidize one.