

Set It and Save! Planning Schedule

Your new Programmable Thermostat can help you save money! Set it so you use your heating or air conditioning systems only when you need them. If you are not at home or if your family is sleeping, set it to save you money. Talk with members of your household and then use the Planning Schedule on the back to determine the times to set your programmable thermostat to a comfortable setting or to an “away” setting.

- Fill in the name of each member of the household in the column on the left.
- Then shade the squares of the times of the day when they are typically home or are awake.
- Look at the squares that are and those that are not shaded. The times that are **shaded** are the times the thermostat should be **set to a comfortable heating or cooling program**. The times that **are not shaded** are the times you are not home or are asleep. This is when the thermostat should be **set to an “away program”**, which will help you save money.

Here is an example Schedule:

		AM										PM													
Day	Name	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
M	Sarah																								
	John																								

Sarah and John wake-up at 7am. The thermostat should be programmed for a comfortable setting when they wake-up. Sarah leaves for work after John so the thermostat should be set for the “away program” at 9am. Since John comes home before Sarah on Mondays the thermostat should be set at a comfortable level at 5pm. Then Sarah and John go to bed at 11pm, so the thermostat should be set for the “away program” the hours that they are asleep.

The program for Mondays might look like this:

Time	Activity	Temperature
7am	Wake-up	70
9am	Leave home	62
5pm	Return home	70
11pm	Go to bed	62

Time	Activity	Temperature
7am	Wake-up	78
9am	Leave home	85
5pm	Return home	78
11pm	Go to bed	82

Now you can determine the best schedule for your household.

1. **Set it to your household’s schedule.** Set the programmable thermostat for the “away program” when people leave for the day and when they are sleeping. Decide on temperature settings that are comfortable for the members of your household. For the best energy-cost savings, the U.S. Environmental Protection Agency recommends the settings you see in the charts above. However, you will get the most energy savings by setting the thermostat at a level that is comfortable for everyone.
2. **Set it and Forget it.** Try to set the temperature to be the same for 8 hour periods of time, when no one is home or during the night.
3. **Try not to Change it.** Avoid adjusting the thermostat yourself by increasing it or decreasing it. You use more energy and then pay more on your bill when you increase or decrease the temperature by using the “hold” or “over-ride” functions.
4. **Set it for Vacation.** So you don’t use energy and pay for it when you don’t need it, if you are going away on vacation, set your thermostat lower in the winter and higher in the summer by a few degrees.

