

Name (optional):	Please tick
Energy awareness	
What is your general attitude towards saving energy?	
It's very positive - I actively save energy at home and at work and believe I can make a difference	A <input type="checkbox"/>
I'm aware of saving energy. I try to take some action at home and at work and I occasionally pass information onto my colleagues	B <input type="checkbox"/>
I'm aware of saving energy at home, but it's not part of my work culture	C <input type="checkbox"/>
I'm generally indifferent towards saving energy at home and at work	D <input type="checkbox"/>
Environmental impact	
How aware are you of the impact energy use has on the environment?	
I'm very aware. I often do my own research to find out what's happening and what I can do to help	A <input type="checkbox"/>
I'm mostly aware of environmental impact through the media (programmes and newspapers)	B <input type="checkbox"/>
I'm aware of the current energy debate, but it hasn't persuaded me to take action	C <input type="checkbox"/>
I'm not aware of any environmental impact	D <input type="checkbox"/>
Energy cost and waste	
How aware are you of energy costs and where energy is being wasted at home and at work?	
I know the costs and where most energy is wasted	A <input type="checkbox"/>
I'm mostly aware of where energy is wasted, but not aware of the costs	B <input type="checkbox"/>
I'm aware of the costs, but not aware of where energy is wasted	C <input type="checkbox"/>
I don't know what the energy costs are, or where it's wasted	D <input type="checkbox"/>
Energy saving	
Are you aware of the ways you can save energy?	
I'm aware of many ways to save energy	A <input type="checkbox"/>
I'm aware of five or six ways to save energy	B <input type="checkbox"/>
I'm aware of some basic ways to save energy	C <input type="checkbox"/>
I'm not aware of any ways to save energy	D <input type="checkbox"/>
Your motivation	
How motivated are you to save energy?	
I'm self motivated and try to influence others	A <input type="checkbox"/>
I'm motivated and do what I can to save energy	B <input type="checkbox"/>
I feel motivated by others, but I don't believe there's much I can do to help	C <input type="checkbox"/>
I'm not motivated to save energy	D <input type="checkbox"/>

Your involvement

Do you switch your appliances off at night at home?

- I always switch all my appliances off at the end of every day A
- I switch off most of my appliances, most nights B
- I occasionally turn off my appliances at night C
- I rarely turn off my appliances at night D

Saving energy at home and work

Do you save energy at home and at work?

- I always try to save energy at home and at work A
- I always save energy at home and sometimes at work B
- I only save energy at home - I see no point at work C
- I don't save energy at home or at work D

More ways to save energy at work

If you were aware of other ways to save energy, would you do them?

- Yes, always A
- Sometimes, if they are easy to do B
- Yes, if they benefit me C
- No, none of them D

Your views

What would motivate you to be more efficient with energy?

What ideas do you have to save energy at work?

Are you happy with your working temperature? If you're not, why?

What do you already do to save energy at home?

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