

Insulation Estimate: Residential New Construction Insulation

Your Company Name

Street Address, City, ST ZIP

Phone | Email | License #

Estimate # 1001**Date** 10/30/2026**Valid Until** 11/29/2026**Prepared for: Customer Name**

Job address: Street, City, ST ZIP

This template covers insulation for a new single-family home, approximately 2,200 square feet of living space, two stories, with standard wood framing.

Attic Insulation	Qty	Unit	Unit Cost	Total
Blown-in fiberglass (R-49, 16" depth)	1,100	sq ft	\$1.35	\$1,485.00
Attic access insulation dam	1	each	\$75.00	\$75.00
Insulated attic hatch cover	1	each	\$125.00	\$125.00
Attic ventilation baffles (per rafter bay)	40	each	\$3.50	\$140.00
Air sealing (top plates, penetrations, recessed lights)	1,100	sq ft	\$0.45	\$495.00
Attic Insulation Subtotal				\$2,320.00

Exterior Wall Insulation	Qty	Unit	Unit Cost	Total
Fiberglass batt insulation (R-21, 2x6 walls)	2,800	sq ft	\$1.10	\$3,080.00
Continuous rigid foam sheathing (R-5, 1" XPS)	2,800	sq ft	\$1.25	\$3,500.00
Tape and seal rigid foam seams	2,800	sq ft	\$0.15	\$420.00
Header and sill plate insulation	200	linear ft	\$2.50	\$500.00
Rim joist spray foam (closed-cell, 2")	160	sq ft	\$3.50	\$560.00
Exterior Wall Insulation Subtotal				\$8,060.00

Floor and Crawl Space	Qty	Unit	Unit Cost	Total
Crawl space encapsulation vapor barrier (20 mil)	1,200	sq ft	\$1.00	\$1,200.00
Crawl space wall insulation (R-10 rigid foam)	400	sq ft	\$2.25	\$900.00
Seal and tape vapor barrier seams	300	linear ft	\$0.75	\$225.00
Rim joist spray foam (crawl space)	80	sq ft	\$3.50	\$280.00
Floor and Crawl Space Subtotal				\$2,605.00

Garage and Bonus Room	Qty	Unit	Unit Cost	Total
Garage ceiling insulation (R-30 batts)	500	sq ft	\$1.40	\$700.00
Garage-to-house wall insulation (R-21 batts)	200	sq ft	\$1.10	\$220.00

Garage-to-house air sealing	200	sq ft	\$0.50	\$100.00
Fire-rated assembly at garage separation	60	linear ft	\$4.00	\$240.00

Garage and Bonus Room Subtotal **\$1,260.00**

Miscellaneous	Qty	Unit	Unit Cost	Total
Blower door test (pre-drywall)	1	each	\$350.00	\$350.00
Energy code documentation and certificates	1	each	\$150.00	\$150.00
Material delivery	1	each	\$200.00	\$200.00
Waste removal and cleanup	1	each	\$300.00	\$300.00

Miscellaneous Subtotal **\$1,000.00**

Summary

Attic Insulation		\$2,320.00
Exterior Wall Insulation		\$8,060.00
Floor and Crawl Space		\$2,605.00
Garage and Bonus Room		\$1,260.00
Miscellaneous		\$1,000.00
Direct Cost Subtotal		\$15,245.00
Overhead	10.0%	\$1,524.50
Profit (on direct cost + overhead)	15.0%	\$2,515.43
TOTAL ESTIMATE		\$19,284.93

Scope of work

[Describe the work included in this estimate.]

Exclusions

[List anything not included, such as permits, repairs to hidden conditions, or work by others.]

Timeline

Estimated [X] working days from start, weather and inspections permitting.

Payment terms

50% deposit at scheduling, 50% due at completion.

Warranty

1-year workmanship warranty. Manufacturer warranties apply to materials.

License and insurance

License #[number]. Insured by [carrier], policy #[number].

Customer signature: _____

Date: _____

Insulation Estimate: Residential Retrofit and Upgrade

Your Company Name
Street Address, City, ST ZIP
Phone | Email | License #

Estimate # 1001
Date 10/30/2026
Valid Until 11/29/2026

Prepared for: Customer Name
Job address: Street, City, ST ZIP

Retrofit insulation is where most insulation contractors make their money. Homeowners with high energy bills, drafty rooms, or ice dam problems are motivated buyers who will pay for a solution. This template covers a typical retrofit project on a 1,800-square-foot home built in the 1980s with insufficient insulation.

Existing Insulation Assessment and Removal	Qty	Unit	Unit Cost	Total
Home energy audit and thermal imaging	1	each	\$400.00	\$400.00
Blower door test (baseline)	1	each	\$350.00	\$350.00
Remove existing attic insulation (fiberglass batts, damaged)	900	sq ft	\$1.25	\$1,125.00
Bag and dispose of old insulation	30	bag	\$15.00	\$450.00
Hazardous material testing (if vermiculite suspected)	1	each	\$250.00	\$250.00

Existing Insulation Assessment and Removal Subtotal \$2,575.00

Air Sealing (Retrofit)	Qty	Unit	Unit Cost	Total
Seal electrical and plumbing penetrations	45	each	\$12.00	\$540.00
Seal recessed light fixtures (IC-rated covers)	12	each	\$25.00	\$300.00
Seal top plates and partition walls	250	linear ft	\$3.00	\$750.00
Seal around chimney chase (fire-rated materials)	1	each	\$200.00	\$200.00
Seal ductwork boots and connections	15	each	\$18.00	\$270.00
Weatherstrip attic hatch	1	each	\$85.00	\$85.00
Caulk and foam window/door frames (interior)	18	each	\$15.00	\$270.00

Air Sealing (Retrofit) Subtotal \$2,415.00

Attic Insulation Upgrade	Qty	Unit	Unit Cost	Total
Blown-in cellulose (R-49, 14" depth)	900	sq ft	\$1.40	\$1,260.00
Ventilation baffles (replace missing)	24	each	\$3.50	\$84.00
Insulated attic hatch	1	each	\$125.00	\$125.00
Protect junction boxes and fixtures	20	each	\$8.00	\$160.00

Attic Insulation Upgrade Subtotal \$1,629.00

Wall Insulation Upgrade	Qty	Unit	Unit Cost	Total
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Dense-pack cellulose injection (2x4 walls)	1,600	sq ft	\$2.25	\$3,600.00
Drill and patch holes (vinyl siding removal/replacement)	80	each	\$22.00	\$1,760.00
Drill and patch holes (interior drywall, where needed)	12	each	\$35.00	\$420.00
Rim joist spray foam (closed-cell, 2")	120	sq ft	\$3.50	\$420.00

Wall Insulation Upgrade Subtotal **\$6,200.00**

Crawl Space Improvement	Qty	Unit	Unit Cost	Total
Clean and prep crawl space	800	sq ft	\$0.50	\$400.00
Install vapor barrier (20 mil poly)	800	sq ft	\$1.00	\$800.00
Insulate crawl space walls (R-10 rigid foam)	300	sq ft	\$2.25	\$675.00
Seal vents (converting to sealed crawl space)	6	each	\$45.00	\$270.00
Dehumidifier (if needed)	1	each	\$1,200.00	\$1,200.00

Crawl Space Improvement Subtotal **\$3,345.00**

Post-Installation Verification	Qty	Unit	Unit Cost	Total
Blower door test (post-installation)	1	each	\$350.00	\$350.00
Thermal imaging verification	1	each	\$200.00	\$200.00
Energy code compliance certificate	1	each	\$100.00	\$100.00
Customer report with before/after results	1	each	-	-

Post-Installation Verification Subtotal **\$650.00**

Summary

Existing Insulation Assessment and Removal		\$2,575.00
Air Sealing (Retrofit)		\$2,415.00
Attic Insulation Upgrade		\$1,629.00
Wall Insulation Upgrade		\$6,200.00
Crawl Space Improvement		\$3,345.00
Post-Installation Verification		\$650.00
Direct Cost Subtotal		\$16,814.00
Overhead	10.0%	\$1,681.40
Profit (on direct cost + overhead)	18.0%	\$3,329.17
TOTAL ESTIMATE		\$21,824.57

Scope of work

[Describe the work included in this estimate.]

Exclusions

[List anything not included, such as permits, repairs to hidden conditions, or work by others.]

Timeline

Estimated [X] working days from start, weather and inspections permitting.

Payment terms

50% deposit at scheduling, 50% due at completion.

Warranty

1-year workmanship warranty. Manufacturer warranties apply to materials.

License and insurance

License #[number]. Insured by [carrier], policy #[number].

Customer signature: _____

Date: _____

Insulation Estimate: Commercial Insulation

Your Company Name

Street Address, City, ST ZIP

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Estimate # 1001

Date 10/30/2026

Valid Until 11/29/2026

Prepared for: Customer Name

Job address: Street, City, ST ZIP

Commercial insulation projects involve larger areas, different materials, and stricter code requirements than residential work. This template covers a typical 10,000-square-foot commercial building (office or light industrial) with steel framing and flat roof.

Roof/Ceiling Insulation	Qty	Unit	Unit Cost	Total
Rigid polyiso board (R-30, 5" total, two layers)	10,000	sq ft	\$3.25	\$32,500.00
Adhesive and mechanical fasteners	10,000	sq ft	\$0.40	\$4,000.00
Vapor retarder (if required by design)	10,000	sq ft	\$0.35	\$3,500.00
Labor for roof insulation installation	10,000	sq ft	\$1.10	\$11,000.00
Roof/Ceiling Insulation Subtotal				\$51,000.00

Exterior Wall Insulation	Qty	Unit	Unit Cost	Total
Continuous insulation (CI) rigid foam (R-13, 2.5" polyiso)	6,000	sq ft	\$2.50	\$15,000.00
Metal Z-girt framing for CI attachment	6,000	sq ft	\$0.85	\$5,100.00
Cavity insulation (R-13 mineral wool batts)	6,000	sq ft	\$1.40	\$8,400.00
Air barrier membrane	6,000	sq ft	\$0.90	\$5,400.00
Sealant at joints and penetrations	500	linear ft	\$3.50	\$1,750.00
Exterior Wall Insulation Subtotal				\$35,650.00

Below-Grade and Slab	Qty	Unit	Unit Cost	Total
Foundation wall insulation (R-10 XPS, 2")	1,200	sq ft	\$2.00	\$2,400.00
Under-slab insulation (R-10 XPS, 2")	10,000	sq ft	\$1.50	\$15,000.00
Vapor barrier below slab (15 mil)	10,000	sq ft	\$0.25	\$2,500.00
Slab edge insulation	400	linear ft	\$4.00	\$1,600.00
Protection board for below-grade	1,200	sq ft	\$0.75	\$900.00
Below-Grade and Slab Subtotal				\$22,400.00

Mechanical Room and Specialty	Qty	Unit	Unit Cost	Total
Pipe insulation (hot water, 1" fiberglass)	300	linear ft	\$6.50	\$1,950.00
Duct insulation (R-8 wrap)	2,000	sq ft	\$2.25	\$4,500.00

Duct sealing (mastic)	2,000	sq ft	\$0.60	\$1,200.00
Fire-stop assemblies at penetrations	25	each	\$85.00	\$2,125.00
Acoustic insulation (interior partition walls)	1,500	sq ft	\$1.50	\$2,250.00
Mechanical Room and Specialty Subtotal				\$12,025.00

Project Management and Testing	Qty	Unit	Unit Cost	Total
Submittals and shop drawings	1	lump sum	\$1,500.00	\$1,500.00
On-site supervision	15	days	\$450.00	\$6,750.00
Third-party inspection and testing	3	each	\$500.00	\$1,500.00
As-built documentation	1	each	\$800.00	\$800.00
Waste disposal and site cleanup	1	lump sum	\$1,200.00	\$1,200.00
Equipment rental (scaffolding, lifts)	3	weeks	\$1,500.00	\$4,500.00
Project Management and Testing Subtotal				\$16,250.00

Summary

Roof/Ceiling Insulation	\$51,000.00
Exterior Wall Insulation	\$35,650.00
Below-Grade and Slab	\$22,400.00
Mechanical Room and Specialty	\$12,025.00
Project Management and Testing	\$16,250.00
Direct Cost Subtotal	\$137,325.00
Overhead	8.0% \$10,986.00
Profit (on direct cost + overhead)	12.0% \$17,797.32
TOTAL ESTIMATE	\$166,108.32

Scope of work

[Describe the work included in this estimate.]

Exclusions

[List anything not included, such as permits, repairs to hidden conditions, or work by others.]

Timeline

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Payment terms

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