



# How Much Water Do You Use?

Use the chart below to track your daily water use over two days. Put a check in the second column each time you do a listed activity. Calculate each activity's total water use by multiplying the number of checks by the number in the third column. (For showers, multiply the total number of minutes spent in the shower by 5.)

| Activity                             | Number of Times Over Two Days (✓) | Amount of Water (gallons) | Total Amount of Water Used (gallons) |
|--------------------------------------|-----------------------------------|---------------------------|--------------------------------------|
| Washing hands                        |                                   | 0.5                       |                                      |
| Taking a shower (number of minutes*) | *                                 | 5 gal per minute          |                                      |
| Taking a bath                        |                                   | 40                        |                                      |
| Flushing a toilet                    |                                   | 5                         |                                      |
| Brushing teeth (water running)       |                                   | 1                         |                                      |
| Brushing teeth (water off)           |                                   | 0.25                      |                                      |
| Food and drink                       |                                   | 0.5 per day               |                                      |
| <b>Total</b>                         |                                   |                           |                                      |

How much water did you use over the two days?

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