



ARE YOU A WATER WASTER?

TRACK HOW MUCH WATER YOU USE IN ONE DAY

HERE'S YOUR CHALLENGE: You need water to survive. You drink, bathe, wash dishes with it, use it to prepare food or to keep your pet goldfish happy. But just how much water do you use at home? For this mission, you'll be keeping track of how much water you use in one day.

DIRECTIONS: Each time you do one of the activities below, record the number of minutes or times you do the activity. Multiply the number of minutes or times by the amount of water used. Add everything in the last column to get the approximate amount of water you used.

◆ [This site](#) has an interactive water use tracking tool that you can use instead.

Activity	Minutes Water was Running	Amount of Water Used	Gallons Used
Took a shower		x 2.5 gallons/minute	
Washed my hands		x 1.5 gallons/minute	
Brushed my teeth		x 1.5 gallons/minute	
Washed dishes by hand		x 2.5 gallons/minute	

Activity	Number of Times	Amount of Water Used	Gallons Used
Flushed a toilet		x 1.6 gallons/flush	
Took a bath		x 35 gallons	
Ran the dishwasher		x 6 gallons/load	
Ran a load of laundry		x 30 gallons/load	



My Total Gallons of Water Used

🔹 In what room of the house did you use the most water?

🔹 Can you think of ways to use little less water?

