

Water Use Calculation

Record how much water you use in one week. Use this information to answer the questions on the other side. Note that all measurements are approximate. Make a checkmark every time you do each activity.



SUN	MON	TUES	WED	THURS	FRI	SAT	Weekly Total
							How many showers did you take? _____ How long are your showers? _____ How many baths? _____

A non-water-saving showerhead uses **5 gallons** per minute. Water conserving showerheads use **2 gallons** per minute. A full tub uses **36 gallons**.



SUN	MON	TUES	WED	THURS	FRI	SAT	Weekly Total
							How many times did you flush the toilet? _____

Most toilets use **5 gallons** a flush. Water-saving, high efficiency, toilets use **1.28 gallons** per flush.



SUN	MON	TUES	WED	THURS	FRI	SAT	Weekly Total
							How many times did you brush your teeth? _____

Brushing your teeth with the water running uses about **4 gallons**. Turning the water off when you're not rinsing uses less than a quarter or **.25 gallons**.



SUN	MON	TUES	WED	THURS	FRI	SAT	Weekly Total
							How many times did you wash your hands or face? _____

Washing your hands or face with the water running uses about **4 gallons**. Turning the water off saves 3 gallons, using only **1 gallon** each time you wash up.



SUN	MON	TUES	WED	THURS	FRI	SAT	Weekly Total
							How many times did you do the dishes? _____

Washing dishes with the water running uses about **15 gallons** in 5 minutes. Filling the sink/ washing dishes without water running uses only **5 gallons**.

Using the information from your weekly water use report card on the other side, figure out how much water you use on average every day.

Multiply the number of showers you took _____ by the number of minutes per shower _____ by the amount of water your showerhead uses per minute _____ (5 or 2 gallons) = _____ gallons.
Multiply the number of baths you took _____ by 36 gallons = _____ gallons. **Add** your shower and bath totals = _____ gallons.
Divide by 7 and put your answer in the box to the right.

Average daily bath/shower water use:
_____ gallons



Average daily toilet water use:
_____ gallons



Average daily teeth-brushing water use:
_____ gallons



Average daily hand/face washing water use:
_____ gallons



Average daily dishwashing water use:
_____ gallons



Total Average daily water use:
_____ gallons

Multiply the number of times you flushed the toilet _____ by the amount of water your toilet uses with each flush _____ (5 or 1.28 gallons) = _____ gallons.
Divide by 7 and put your answer in the box to the right.

Multiply the number of times you brushed your teeth _____ by the amount of water you used with each brushing _____ (4 or .25 gallons) = _____ gallons.
Divide by 7 and put your answer in the box to the right.

Multiply the number of times you washed your hands or face _____ by the amount of water you used with each washing _____ (4 or 1 gallons) = _____ gallons.
Divide by 7 and put your answer in the box to the right.

Multiply the number of times you did the dishes _____ by the amount of water you used _____ (15 or 5 gallons) = _____ gallons.
Divide by 7 and put your answer in the box to the right.

Add your average daily totals to find out approximately how much water you use every day at home.

Is your average daily total more or less than the New York City average of 75 gallons a day? _____

Is it more or less than the Canadian average of 50-60 gallons a day? _____

What are some ways to reduce your water consumption?
