

Name: _____ Dates for the week of: _____ to _____

Personal Water Use Chart

Activity	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total number of times	Estimated amount of water used (gallons)	Total weekly water use (gallons)
Washing face or hands									1	
Taking a shower (standard shower head)									50	
Taking a shower (low-flow shower head)									25	
Taking a bath									40	
Brushing teeth (water running)									2	
Brushing teeth (water turned off)									0.25	
Flushing the toilet (standard flow toilet)									5	
Flushing the toilet (low-flow toilet)									1.5	
Drinking water									0.25	
Cooking a meal									3	
Washing dishes by hand									10	
Running a dishwasher load									15	
Washing a load of laundry									30	
Watering lawn									300	
Washing car									50	
Total Weekly Water Use (in gallons) →										

Notes:

Number of people in the household: _____