



MY WATER DIARY



Over the course of a week, monitor how many times that you use water as part of each of the activities.
 At the end of the week, multiply the number of times you took part in an activity
 by the estimated amount of water per activity!

Water activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total number of times	Estimated amount of water per activity	Total amount of water used
Running a tap									6 litres per min	
Washing hands									8 litres	
Washing the pots									8 litres	
Taking a shower									13 litres	
Taking a quick shower									8 litres	
Flushing the toilet (short flush)									4 litres	
Flushing the toilet (standard flush)									9 litres	
Dishwasher cycle									13 litres	
Washing machine									50 litres	
Bath (full)									80 litres	
Hosepipe (washing a car or watering garden)									150 litres per 10 mins	
Making a meal									5 litres	