

Going Green!



Keep track of how often you use water doing simple activities! After 7 days, total up the number of times you did each action into the green column, and multiply it by the average number of gallons of water that action uses (grey column). Add those numbers together to get your total water usage for a week!

ACTION	Average number of gallons used for each action	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total number of times you did action	Total number of gallons of water used
Brushing your teeth (with water running)	2 gallons									
Brushing your teeth (turn off faucet)	¼ gallon									
Washing Hands	1 gallon									
Taking a Shower (less than 10 minutes)	25 gallons									
Taking a Bath	40 gallons									
Washing Dishes	10 gallons									
Flushing Toilet	5 gallons									
Drinking Water	1/16 gallon per cup									
Total amount of water used in one week (in gallons) =										



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