



# HOW MUCH WATER DO YOU USE?

## USAGE TRACKER

Spend a week tracking your water usage - you should estimate how many litres of water you use for each activity.

<b>SHOWERING/BATHING</b> 150-200 LITRES	<b>BRUSHING TEETH</b> 6-10 LITRES PER MINUTE	<b>FLUSHING TOILETS</b> 6-13 LITRES PER FLUSH
<b>WASHING HANDS</b> 2-3 LITRES PER WASH	<b>DOING LAUNDRY</b> 50-100 LITRES PER LOAD	<b>WASHING DISHES</b> 20-50 LITRES PER LOAD
<b>COOKING</b> 3-5 LITRES PER DAY	<b>DRINKING WATER</b> 2-3 LITRES PER DAY	

Activity	1	2	3	4	5	6	7
 Showering /bathing							
 Brushing teeth							
 Flushing toilets							
 Washing hands							
 Doing laundry							
 Washing dishes							
 Cooking							
 Drinking water							
 Other							

