

FRESHWATER TOOL KIT: WATER TRACKING CHART - DAILY

Name: _____ Date: _____ Number of People in the house: _____

Ask you parents or guardian if your shower, faucets or toilets are standard or low-flow so you know which one to document.
Also find-out if your dishwasher and washing machine is newer or older.

ACTIVITY	NUMBER OF TIMES	ESTIMATED WATER USE (Gallons)	TOTAL GALLONS USED
Washing hands or face		1	
Shower – Standard, 10-minute shower		50	
Shower – Low flow, 10 minute shower		25	
Bath		40	
Brush Teeth – water kept on		2	
Brush Teeth – water off		0.5	
Flushing Toilet – Standard		4	
Flushing Toilet – Low Flow		1.6	
Drinking Water – record the number of 8 oz. cups		0.06	
Cooking a Meal – depends on food served, i.e. if boiling eggs, potatoes, noodles or veggies		2	
Washing Dishes by Hand		10	
Running a Dishwasher – older than 2007		16	
Running a Dishwasher – newer than 2007		6	
Washing Laundry – older than 1997		40	
Washing Laundry – newer than 1997		25	
Washing Car – With a Hose		50	
OUTDOOR			
Sprinkler – 10-20 gallons per minute depending flow rate and hose length*		450 gallons – 30 minutes!	
		Total Daily Use	

* Make sure you have a nozzle on your hose. Don't let water run when you're not using the hose.
Outdoor water totals can be significant!

DAILY WATER USE AT HOME

PLEASE FIX ALL LEAKING FAUCETS AND TOILETS! THEY CAN WASTE UP TO 3,000 GALLONS OF WATER A YEAR!

Toilet flush: 1.6-4 gallons per flush. Most new toilets use about 1.6 gallons per flush, but older toilets used about 4 gallons.

Tip: It's best to use a low-flow toilet. Check for leaky toilets – they can leak up to 200 gallons a day! Just put a drop of food coloring in the toilet tank in the back. Wait 15 minutes and if the color shows up in the toilet bowl without flushing, you have a leak! You can even reduce the water level in the tank to save water. You Tube has many videos to help.

Bath: 30-50 gallons per bath.

Tip: Don't take a full bath or take a short shower instead of a bath to save water.

Shower: 20-65 gallons. Depends on length of shower. 5 gallons per minute for old shower heads and 2 gallons per minute for low-flow shower heads.

Tip: Take a shorter shower using a low-flow showerhead to save lots of water.

Teeth brushing: 0.5-2 gallons. Newer faucets use about 1 gallon per minute. Older models use over 2 gallons.

Tip: Turn the faucet off when brushing teeth to save water.

Hands & Face Washing: 1 gallon. Start washing as the water is warming - don't waste water before your start sudsing.

Tip: Turn off the faucet as you wash & turn on for the rinse.

Shaving – Face & Leg: 1 gallon

Tip: Fill the sink with only a few cups of water and turn the faucet off when shaving.

Dish washing by hand: About 10-27 gallons. This depends on how efficient you are. Newer kitchen faucets use about 1.5-2 gallons per minute, whereas older faucets use more.

Tip: It's best to have two sinks to work in -- one with hot, soapy water and the other with warm water for a rinse. Efficient hand-washing techniques: install an aerator in your faucet head, scrape food off dishes, soak dishes in a basin of hot soapy water for a few minutes before getting started, dipping in rinse water and not letting the water run while you wash every dish.

Dishwasher: 6-16 gallons. Newer, EnergyStar models use about 6 gallons per wash cycle. Older dishwashers can use up to 16 gallons per cycle. Compact models use less.

Tip: Upgrade to an EnergyStar dishwasher when you can. They save a lot of water but also save electricity, which is money too.

Only do full loads!

Clothes washer: 25 gallons per load for newer washers. Older models use about 40 gallons per load.

Tip: EnergyStar clothes washers not only save a lot of water but also save electricity. **Only do full loads!**

Outdoor Watering:

Hoses can flow 10 to 15 gallons per minute. **Tip:**

Get a nozzle for your

hose. Don't use water to clean off sidewalks and use a bucket when you wash your car instead of letting water run. Install rain barrels to water your garden.

