

HOW MUCH WATER DO YOU USE?

Every time you use water during the day, record it in the chart. Add up the total at the end of the day!

Task	Per Day	Water Usage (litres)	Total
Brushing teeth		1	
Washing hands & face		3	
Taking a shower		40	
Cooking a meal		3	
Washing dishes (by hand)		18	
Washing dishes (dishwasher)		25	
One load of laundry		75/load	
Flushing the toilet		6/flush	