

My Water Diary

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What do you use water for every day? Keep track on the chart below and tally the number of times you use water for each activity. Once you've completed the chart, use the totals to draw a graph and see where you use the most water. This will help you find ways to reduce the amount you use each day!

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Total number
Brushing teeth with tap running						
Washing hands with tap running						
Showering for longer than 10 minutes						
Washing dishes in the sink with tap running						
Running a dishwasher that is half full						
Washing the car with the hose running						

Water-saving tips

- Collect rainwater in a rain barrel to water gardens and flowers, or to rinse patios and walkways instead of using the hose
- Keep a water jug in the fridge for cold drinking water, instead of running the tap
- Turn the water off while brushing your teeth and washing your hands
- Use leftover water in a glass or water bottle to water a house plant
- Use a timer to help you take shorter showers
- Run dishwashers and laundry machines only when they are full
- Water gardens in the morning or evening when it's cooler outside to reduce evaporation