







H2O Use Data Sheet

Name: _____

Date: _____

ACTIVITY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Number of times	Estimated amount of water used (gallons)	Total weekly water use (gallons)
Taking a shower (standard shower head) 									40	
Taking a shower (low flow shower head)									15	
Taking a bath 									35	
Brushing teeth (water running)									2	
Brushing teeth (water off) 									0.25	
Flushing the toilet (standard flow)									5	
Total Page 1								=		

Washing Face										1	
Getting a drink										0.25	
Cooking a meal 										3	
Washing dishes by hand										10	
Running Dishwasher										15	
Running Laundry 										55	
Washing car										50	
Watering lawn 										300	
Total Water Use per week (page 1 + 2)										=	