

Where is My Water Going?

Take a day to track how you use water. Knowing when and where you use water helps you value it more. Check the boxes and jot down reflections as you go!



MORNING

- ☐ **Shower**
How long did you take? _____
- ☐ **Brushing Teeth**
Was the tap on the whole time? _____
- ☐ **Making Coffee / Tea**
How much water was used? _____
- ☐ **Other?**
What other ways did you use water? _____



AFTERNOON

- ☐ **Washing Hands**
How often / how many times? _____
- ☐ **Cooking**
Did you rinse fruit, boil water, etc.? _____
- ☐ **Cleaning**
Did you do dishes, wipe counters? _____
- ☐ **Other?**
What other ways did you use water? _____



EVENING

- ☐ **Laundry**
Was it a full load or partial? _____
- ☐ **Watering Plants / Yard**
How long? _____
- ☐ **Other?**
What other ways did you use water? _____

The biggest surprise about my water use today: _____

One habit I might try changing: _____