

# My Typical Day Water Use Calculator



Activity: Record and calculate how much water you use approximately, in one day.

## Flushing the toilet

Many toilets use 5 gallons each flush. Water-saving, high efficiency toilets use 1.28 gallons each flush.

How many times do you usually flush the toilet in a day?

X

How much water does your toilet use for each flush?

gallons

=

Total gallons

## Brushing your teeth

Brushing your teeth with the water running uses about 4 gallons. Turning the water off when you're not rinsing uses less than a quarter or .25 gallons.

How many times do you usually brush your teeth in a day?

X

How much water do you use each time you brush your teeth?

gallons

=

Total gallons

## Washing your hands

Washing your hands or face with the water running uses about 4 gallons. Turning the water off saves 3 gallons, using only 1 gallon each time you wash up.

How many times do you wash your hands in a day?

X

How much water do you use each time you wash your hands?

gallons

=

Total gallons

## Washing dishes

Washing dishes with the water running uses about 4 gallons a minute. Filling the sink or washing dishes without water running uses only 5 gallons.

How many minutes do you usually spend washing dishes in a day?

X

How much water do you use each time you wash dishes?

gallons

=

Total gallons

## Taking a shower

A non-water-saving showerhead uses 5 gallons a minute. Water conserving showerheads use 2 gallons each minute.

How many minutes do you usually spend in the shower?

X

How much water does your showerhead use each minute?

gallons

=

Total gallons

---

+

Total gallons

## Approximate total daily water use

Add up each section to calculate your total water usage for a typical day.

**Answer these questions based on your daily water use calculations.**

Can you think of any other ways you use water that were not included here?

---

---

---

Which of your daily activities uses the most water?

---

---

---

Were you surprised by your results?

---

---

---

What are some ways you can reduce your water consumption?

---

---

---

Is your average daily water use total higher or lower than the New York City average of 75 gallons a day?

---

---

---

