

Personal Water Use Log

Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Drinking water 2 cups is about 1/8 gallon								
Toilet flushing About 5 gallons per flush								
Brushing teeth (water running) About 3 gallons per minute								
Dishwasher = 15 gallons divided by # of people in family								
Hand washing dishes with water running = 30 gallons divided by number of people in the house								
Laundry 40 gallons divided by number of people in house x # of loads								
Shower = 2.5 gallons/minute								
Full bath = 40 gallons								
Watering Yard with hose or full sprinklers = 300 gallons/hour								
Total Gallons								