

# Water Diary

Our everyday activities, as well as the food we eat and drink, add to how much water we use - which we call our "Water Footprint."



Check the boxes below to see how much water you use in one day!

Took a ten minute shower  
• 25 gallons

Drank a glass of milk  
• 48 gallons

Took a bath  
• 50 gallons

Drank a glass of orange juice  
• 49 gallons

Left the faucet on while brushing your teeth  
• 3 gallons

Ate an apple  
• 33 gallons

Flushed a toilet  
• 5 gallons per flush (or 2 if you have a water-saving toilet!)

Ate a slice of bread  
• 11 gallons

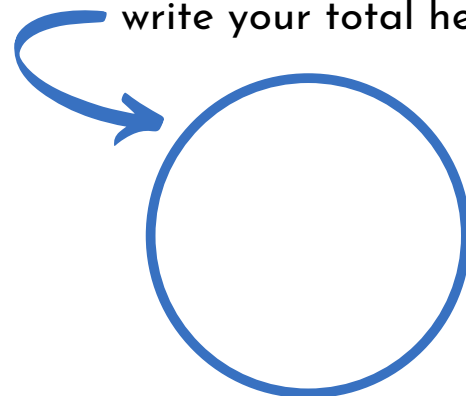
Washed a load of dishes by hand  
• 20 gallons

Ate chicken  
• 330 gallons

Used a piece of paper  
• 3 gallons

Ate a bar of chocolate  
• 450 gallons

Add up your gallons and write your total here!



Can you think of other ways we use water everyday? Now, can you think of ways to save water?