



ALLIANCE *for the* GREAT LAKES

Household Water Log

Indicate in the highlighted boxes below how many individuals are in your household and how many times individuals in your household completed the numbered activities today. Your total water use will be calculated for you.

# of individuals in household	3		
	Total # of times today		Total # of times today
1. Brush teeth with water on		OR	Brush teeth with water turned off
2. Shower for 10 min.	3	OR	Shower for 6 min.
3. Bath		OR	Bath with reduced water level
4. Flush the toilet	8	OR	Flush a WaterSense toilet
5. Run the dishwasher*		OR	Run the dishwasher when it's full**/**
6. Wash dishes by hand		OR	Plug & fill the basin to wash dishes
7. Wash clothes*		OR	Wash a full load of laundry**/**
8. Wash hands or face	20	OR	Plug & fill the basin to wash hands or face

According to the U.S. Geological Survey, the average American uses **80-100 gallons** of water per day. See the calculated gallons of water used per person to the right. If this number is **above the average**, it will appear in **red**. If it is at or **below the average**, it will appear in **green**.

Total gallons of water:
Total liters of water:
Average gallons per person:
Average liters per person:

Clean water is important now more than ever. The COVID-19 crisis emphasizes the important connection between water and health. When using this household water log and estimating how much water you are using in a day, consider what it would mean to lack clean water shutoffs and/or unsafe drinking water.

If you have printed this log and are doing your own calculations, you can use the water estimates (L/gal.) below to do so:

Wash hands or face	7.5/2	Plug & fill the basin to wash hands or face	4/1
Brush teeth with water on	19/5	Brush teeth with water turned off	2/0.5
Shower for 10 min.	94.5/25	Shower for 6 min.	57/15
Bath	151/40	Bath with reduced water level	38/10
Flush the toilet	23/6	Flush a WaterSense toilet	5/1.28
Run the dishwasher	60.5/16	Wash clothes	170/45
Wash dishes by hand	113/30	Plug & fill the basin to wash dishes	19/5

*These are estimates. High efficiency appliances will use less water depending on their capacity and frequency of use.

**These practices use less water over time.

our household have

Total # of gallons	
3	
75	
0	
48	
16	
0	
0	
40	
182	
688.9	
60.7	
229.6	

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