

Your Water Diary

It's really important we don't waste water so there is enough to go around everyone and also leave in the environment for wildlife. Only 1% of water on the planet is fresh and okay to drink and every day there are more and more people that we need to share it with. It's really important we leave enough water in the environment for the wildlife as other animals also need it to survive.

Fill out your water diary on the next page to see how much water you are using and see if you are a Super Splash Hero!



Remember to multiply the minutes or times you've done the activity by your litres to get your total litres used each day!

	MONDAY ★	TUESDAY ★	WEDNESDAY ★	THURSDAY ★	FRIDAY ★	SATURDAY ★	SUNDAY ★
Brushing my teeth (x6L) Make sure you turn the tap off when you brush your teeth							
Drinking a glass of water (x0.4L) Stay hydrated and drink at least 2L a day							
Having a shower (x10L per minute)	mins litres	mins litres	mins litres	mins litres	mins litres	mins litres	mins litres
Having a bath (x80L) Don't fill your bath all the way, 1 inch shallower will save 10L							
Washing my clothes (x60L per wash per family)							
Washing the dishes (x16L) Use a washing up bowl or plug to save water							
Flushing the toilet (x6L) If you have a dual flush toilet, make sure you're only using the button you need							
Washing my hands (x3L)							
Watering the garden (x 6L per minute)	mins litres	mins litres	mins litres	mins litres	mins litres	mins litres	mins litres
TOTAL WATER USE	litres	litres	litres	litres	litres	litres	litres
						RESULT	litres



ESSEX & SUFFOLK
WATER living water

Less than 110 litres a day
You're a super splash hero!

You're doing great, keep up the good work. Check out our water saving tips to see if you can save more because every drop counts.

110 – 150 litres a day
Getting there!

You're using about average but you could do more. See which of our water saving tips you can follow to become a super splash hero.

150+ litres a day
Let's try again!

You use more water than most people. Look at your diary to see where you can improve. Remember some activities like washing clothes are split between your family.