

Get informed

Get involved

Get sharing

Water diary

Time:

20 minutes

Who it's for:

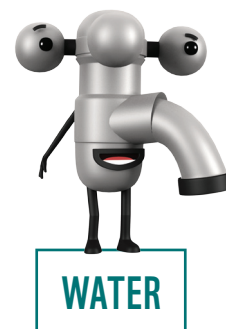
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You'll need:

- Copies of the 'Water diary' sheet for each member
- If time, to research average daily water use figures for individuals by checking out different water company websites

What to do:

1. Hand out copies of the 'Water diary' sheet to each member and ask them to keep a record for a week and bring their completed sheets back in for the next meeting.
2. If you've had time to research average water use figures for individuals (eg 150 litres per person per day – South Staffs Water), see how your group's results compare.
3. At the next session discuss what they could do to save water at home and get them to produce their own 'Water action plans'. They will need to prioritise the changes which can save the most water and lay out exactly what they will change. They could make their plans by simply adding notes to their diaries, or focus on different rooms of the house where they use water.
4. Can any of the changes which members will be making also be made at school or at your meeting room?
5. Follow up with members over the next few weeks to find out whether they have been able to stick to their action plan.



Water diary

Complete the water diary below to get an idea of your family's water use.

Activity	Litres used		Frequency	Litres of water used
Bath	85 litres per bath	X	Number per week	
Normal shower	45 litres per 5 minutes	X	Number per week	
Power shower	75 litres per 5 minutes	X	Number per week	
Toilet flushes	7.5 litres per flush	X	Number per day x 7	
Teeth cleaning	6 litres per clean	X	Number per day x 7	
Hand/face washing	2 litres per wash	X		
Washing up by hand	30 litres per occasion	X		
Food preparation	15 litres per occasion	X		
Automatic washing machine	85 litres per load	X	Number of uses per week	
Dishwasher	42 litres per load	X	Number of uses per week	
Total household weekly use				
÷ by 7 for your household's average daily water usage				
÷ by the number of people in your household for each person's average daily water usage				
Add 25 litres for other water use such as dripping taps and leaks, watering plants/the garden, washing the car, cleaning the house				
Total average daily water usage per person				