

SECTION | DATASHEET

12.1 | How Much Water Do You Use in a Week?

Showers	Multiply the number of minutes for the shower by 12 liters. Do the same for any additional showers and add them up. Enter number in the box.	
Baths	For a half tub, use 72 liters. For a full tub, 120 liters. Add up additional baths and enter the number.	
Toilets	Count the number of daily flushes. Multiply by 14 liters.	
Brushing teeth	For each time you brush your teeth, multiply by 12 liters (the number of liters used while the faucet runs for 1 minute).	
Hand washing	For each time you wash your hands, count the number of minutes you run the water. Multiply the number of minutes by 12 liters	
Drinking	Estimate how many liters of water and other liquids, such as milk, juice, and soda, you drink each day. Enter the number in the box.	
Household use	This number represents an estimate of your share of water used for water used for such purposes as laundry and dishwashing. For dishwashing, assume your share is 12 liters per day. For laundry, assume your share is 40 liters per day. Add these figures and enter the number in the box.	
Outdoor	Does your household use water outside? If so, estimate the number of minutes a hose is turned on each day. As an estimate of your share, multiply the number by 6 liters.	
Other uses	If you can think of any ways you use water, enter the number of liters in the box.	
Total	Add up the numbers in the box. This is an estimate of the amount of water you use each day.	
Weekly use	Multiply the total by 7 to calculate weekly use, and enter the number. This will be an average number, depending on how often dishes and clothes are washed, along with other variables.	