



How do you compare?
The average person in the UK uses 150 litres of water per day

Water Stewardship: Water Survey

Use this survey sheet to monitor how much water you and your family use in one week.

Take a look at the behaviour and the total amount of water used. Think about ways in which you could reduce water use. Set some targets for you and your family.

Water saving tips:

- Shower instead of taking a bath
- Shower for less than 4 minutes
- Turn the tap off while brushing your teeth
- If you have a dual flush toilet, use the small flush button whenever possible
- Wash dishes and vegetables in a bowl rather than under a running tap
- Fill your kettle using only the mugs of water you need
- Make sure the washing machine and dishwasher are full for every wash
- Use a water butt to collect rainwater for plants
- Use a watering can to water your garden
- Wash your car with a bucket and sponge instead of a hose

Activity	Flush toilet	Shower	Bath	Dishwasher	Wash up (by hand)	Washing machine	Drink water	Brush teeth	Wash car	Water plants	TOTAL
Amount of water used	6 litres	8 litres per minute	80 litres	14 litres	12 litres	50 litres	0.5 litre per drink	6 litres	5 litres / bucket	4 litres / watering can	
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											
TOTAL											
TARGET											