

AQUANAUTS

Water Use Diaries

Track your water use by creating a water use diary. Do this multiple times to monitor and reduce your water use!

Steps

1. Create a water diary template to fill out for a day or week.
2. List all the water you use directly and estimate embedded water in meals, clothing, and gadgets.
3. At the end, think about your findings and brainstorm ways to reduce water usage.

You will need

- Paper to create a diary, or a journal
- Markers or pens.

Helpful tip

Do this multiple times to think about ways you could reduce your water footprint and compare!

Did you know?

Producing a kilo of chocolate uses as much water as 130 baths



This activity pairs with Aquanauts episode 'Embedded Cost of Water'