



## How Much Water do You Use? A Simple Test to See how Much Water You Use.



**W**ater is the most important natural resource. We use water to sustain and refresh our bodies for recreation and enjoyment, and to power our daily activities. Without water life would not exist. Fortunately water is a renewable resource, but only as long as it is used in a sustainable manner. The United States takes the lead in water consumption using about 152 gallons of water per person per day while many other areas of the world only have about 2.5 gallons of water available per person.

### Why Conserve Water?

As human populations continue to increase, we are faced with food shortages. Now scientists believe that we are also in a fresh water crisis. Believe it or not, our planet that consists of more water than land only has less than one percent of fresh water available for human consumption. Most of the fresh water on earth is either frozen in ice caps or so far underground it is inaccessible by humans.

Furthermore, many sources of fresh water such as lakes, rivers, aquifers, and man-made reservoirs are easily polluted. Water treatment facilities have to be built to make the water fit for drinking, but to do so requires a lot of money and energy. By taking the time to limit the amount of water we use we decrease the amount that needs to be cleaned, thereby conserving energy and saving money.

### What Can You do to Conserve Water?

The best way to start conserving water is to first, find out how much water you use on a daily basis by using a simple 1-minute water test. The 1-minute water test requires you to first, measure that amount of water that comes out of your faucet in one minute, then you keep track of how many times and how long it takes to wash your hands, get a drink and clean up tables/desks. Your results may be shocking, but fortunately there are many different ways to decrease the amount of water you use. You can use water-saving appliances, take shorter showers and don't leave the water running while brushing your teeth. For more tips on how to conserve water, please view the "Water Conservation" factsheet.

#### **e-Source**

Visit our online information center for fact sheets on a variety of environmental topics:

[www.auduboninternational.org/e-source](http://www.auduboninternational.org/e-source)

Audubon International  
46 Rarick Road  
Selkirk, NY 12158  
(518) 767-9051

# 1-Minute Water Test

1. Hold a bucket under the faucet and measure the amount of water you collect. How many gallons did you collect in 1 minute?

2. **DAILY WATER USE:** How much time does it take you to do the following things?

A	B	C	D
Activity	Time (minute/seconds)	Number of Times you performed the activity in 1 day	Total: B x C =
<i>e.g., Hand washing</i>	<i>2 min. 30 sec.</i>	<i>3</i>	<i>5 min. 30 sec.</i>
Wash your hands			
Get a drink			
Clean up tables/desks			
Other (list):			
Total minutes/seconds (Add all rows in column D)			

(Note: You'll have to convert seconds to minutes to get the Total above. You may choose to round off to the nearest minute to make the next calculation easier.)

3. Now multiply the Number of minutes by the Gallons per minute for your daily total:

Number of Minutes	Gallons per Minute from 1-minute test	Total daily use (Multiply Num- ber of Minutes by the Gallons/Minute)