How much water do I use taking a shower?

1. How much water flows out of your shower head in one minute?

   Calculate your shower head flow rate:

   a) Put a container under the shower head.

   b) Turn it on and collect water for 10 seconds.

   c) Use a 1 cup measuring cup to scoop out all the water from the container.

      Count the number of cups used.

   d) Convert the number of cups into number of gallons:

      _____ cups ÷ 16 cups / gallon = _____ gallons / 10 seconds

   e) Calculate the flow rate for 1 minute:

      _____ gallons x 6 = _____ **gallons per minute**

2. What is your average shower time?

   a) Record your times for three showers:

            minutes per shower: shower 1:_____ min.

                              shower 2:_____ min.

                        + shower 3:_____ min.

                        total: _____ min.
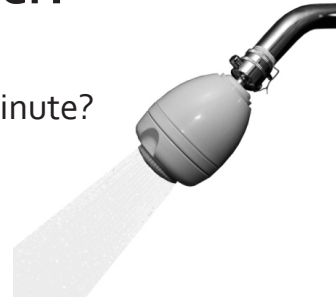
   b) Divide the total minutes by the number of showers.

      _____ min. ÷ _____ showers = _____ **average minutes per shower**

3. How much water do you use during an average shower?

            gallons per minute: _____

      average minutes per shower: x _____

            total: [ ] **average gallons per shower**