

Name \_\_\_\_\_  
Date \_\_\_\_\_

**My Water Log**

**Directions:** This log will help you identify how you use water over the course of one day. Put your name and the date at the top of the paper. Then think about all the times today when you used water, either directly, like when you got a drink or washed your hands, or indirectly, like eating breakfast with orange juice, which is made up largely of water. Try to remember the time of day when you used water and how long the activity lasted.

Now use the log below to record all your water-related activities for today. Put the time, a description of the activity, and an estimate of the amount of time you spent at the activity.

<b>Time of Day</b>	<b>Water-related Activity</b>	<b>Amount of Time Spent</b>
(Example) 7:15 a.m..	Drank orange juice	2 minutes

Name \_\_\_\_\_  
Date \_\_\_\_\_

Time of Day	Water-related Activity	Amount of Time Spent