

Name \_\_\_\_\_

Date \_\_\_\_\_

### **My Water Log**

**Directions:** This log will help you identify how you use 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 getting a drink or washing your hands, or indirectly; like eating breakfast with orange juice made with water. Try to remember the time of day when you used water and how long the activity lasted for you.

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>
(Sample) 7:15 A.M.	Drank orange juice	2 minutes

