

ACTIVITIES THAT USE WATER	ANNUAL WATER USAGE (L)
Drinking (n = how many bottles (750 mL) of water do you drink per day?)	$n * 0.75 * 365$
doing laundry with washing machine (n = how many times do you wash your clothes per week?)	$n * 71.9228 * 52$
Cooking (n = how many times do you cook per day?)	$n * 5.67812 * 365$
Showering (without water-conserving showerhead) (n = how many times do you shower per week?) (t = how many minutes do you usually shower for?)	$n * t * 9.4625 * 52$
Showering (with water-conserving showerhead) (n = how many times do you shower per week?) (t = how many minutes do you usually shower for?)	$n * t * 7.57082 * 52$
washing car (at a car wash) (n = how many times do you wash your car per year?)	$n * 283.906$
flushing toilet (based on 2013 standards) (n = how many times do you use the toilet per day?)	$n * 6.05666 * 365$
using dishwasher (n = how many times do you use the dishwasher per week?)	$n * 22.7125 * 52$
Washing hands (without water running) (n = how many times do you wash your hands per day?)	$n * 11.3562 * 365$
Washing hands (with water running) (n = how many times do you wash your hands per day?)	$n * 15.1416 * 365$
Shaving (n = how many times do you shave per month?)	$n * 3.78541 * 12$

Brushing your teeth (without water running) (n = how many times do you brush your teeth per day?)	$n * 0.9463529 * 365$
Brushing your teeth (with water running) (n = how many times do you brush your teeth per day?)	$n * 15.1416 * 365$
Leaking toilets (constant) (n=number of leaking toilets)	$n * 400 * 365$
Dripping taps (constant) (n=number of dripping taps)	$n * 144 * 365$
Beef (n=times they eat beef per month) w=weight of beef per meal	$n * w * 6809.215 * 12$
Pork (n=number of times they eat pork per month) w=weight of pork per meal	$n * w * 2180.16 * 12$
Chicken (n=number of times they eat chicken per month) w=weight of chicken per meal	$n * w * 1771.37 * 12$

Values are based on the average water consumption for a particular number of uses for a specific product. So for example, on average, a pound of beef takes 1799 gallons to produce.

If you want to know your annual water consumption in gallons, 1 gallon = 3.785 liters. So divide your total number of liters by 3.785.