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
washing car (at a car wash) (n = how many times do you wash your car per month?)	n * 283.906 * 12
flushing toilet (based on 2013 standards) (n = how many times do you use the toilet per day?)	n * 6.05666 * 365
using dishwasher (without water-conserving 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
Shaving (n = how many times do you shave per month?)	n * 3.78541 * 12
Toothbrushing (without water running) (n = how many times do you brush your teeth per day?)	n * 0.9463529 * 365
Leaking toilets (constant)	400 * 365
Dripping taps (constant)	144 * 365

Beef (n=times they eat beef per month)	n * 0.5[1] * 1799 * 12
Pork (n=number of times they eat pork per month)	n * 0.5 * 576 * 12
Chicken (n=number of times they eat chicken per month)	n * 0.5 * 468 * 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.

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[1] This is assuming that each meal of meat someone eats, they are eating approximately 0.5 pounds of meat.