

My Freshwater Diary



Did you know?
Most of your body is made up of water!



Kids should drink 6-8 cups of water a day.
But for some, finding clean freshwater is not as easy as turning on a tap.



How much water do I use?

ACTIVITY **TIMES PER DAY** **REASON**

ACTIVITY	TIMES PER DAY	REASON
Shower/Bath	1	To clean myself
Flushing the toilet		
Washing my hands		
Drinking water/juice		
Washing fruits & veggies		



What can I do to use less freshwater? _____