

Saving Water Challenge

Keep track of your progress on the saving water challenge with the diary below

Once you're done

We'd love to hear how you found the challenge, and see how many ways to cut down on water use you were able to tick off.

Tell us how you got on by emailing us at livebetterchallenge@theguardian.com or tweeting [@GdnLiveBetter](https://twitter.com/GdnLiveBetter).



Things you can do

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Your challenge

Take four-minute showers for a week

Other ideas you can try

- Turn the tap off when brushing your teeth
- Fix all your dripping taps
- Fill dishwashers and washing machines before running
- Fill a bowl rather than letting the tap run when washing up
- If it's brown flush it down, if it's yellow let it mellow
- Reuse unused water: pour leftover glasses of water on houseplants or into the kettle
- Install water-saving gadgets such as shower heads or tap inserts
- Install water butts to collect rainwater for your garden
- Install - or consider - a grey water system

For more ideas and advice on what you can do, be sure to visit theguardian.com/live-better