

TAKING SHORTER SHOWERS

**Simple
actions tell a
collective
story that
leads to real
impact**



**Sophia Sun, Class of 2026, Skyline High
School, Sammamish**

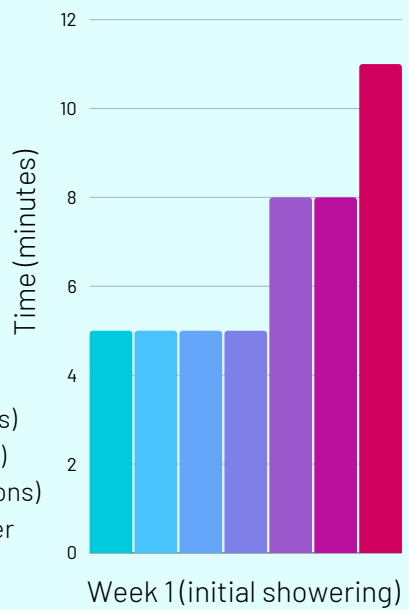
Calculations

Initial Data:

5 minutes x 4 ~ 8.75 gallons per shower
8 minutes x 2 ~ 14 gallons per shower
11 minutes x 1 ~ 19.25 gallons per shower

Initial Water Use =

(4 time per week my shower is 5 minutes)(8.75 gallons)
(2 times per week my shower is 8 minutes)(14 gallons)
(1 times per week my shower is 11 minutes)(19.25 gallons)
= (4 x 8.75) + (2 x 14) + (1 x 19.25) = 82.25 gallons of water each week



If I reduce my shower time by **2 minutes** per day, the the total water conserved would be

= (7 showers x 3.5 gallons) = **24.5 gallons** per week saved

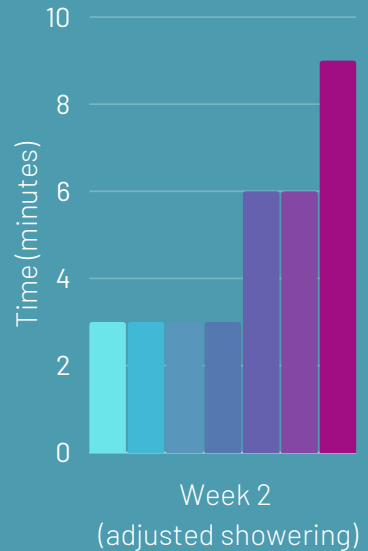
Data after Behavior Adjustments:

Duration of shower per week
3 minutes: 4 ~ **5.25 gallons** per shower
6 minutes: 2 ~ **10.5 gallons** per shower
9 minutes: 1 ~ **15.75 gallons** per shower

Total water use per week after adjustment

(7 showers a week)(2 minutes reduced) =
57.75 gallons of water per week

Reducing my shower time by only **2 minutes** will save me 3.5 gallons every time for a total of **24.5 gallons** saved each week!



I decreased my total gallons of water use per week by 24.5 gallons!

Or... (24.5 gallons)(52 weeks in the year) = 1247 gallons of water saved per year.

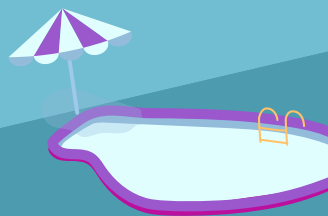
Impact Statement

By taking shorter showers, I can reduce my water footprint by nearly 25 gallons a week, which will save my family money and serve as an example to others.

1247 gallons of water saved per year

If my entire family reduced their showers by 2 minutes, we could save 6,370 gallons every year.

Or 1/3 of a standard swimming pool



You Can Do it Too

1

Track **your shower duration** for two weeks

2

Calculate **how many gallons per week** are spent on showering

3

Aim **to reduce your showering time** by 1-2 minutes.

4

Track **your impact**. Calculate the money being saved from shorter showers or calculate the CO₂ reduction! Share your data with stakeholders!