

# TURN DOWN the HEAT and TAKE 5



**Step 1:** Check all colors within the legend box that apply to you. Example: Did you take over a 5 min. shower but turn down the water temperature? Check the pink and yellow portions.



**Step 2:** Ask your teacher to post a picture of your completed water log on PEAK Talk (under the Take 5 group). For every log posted we will send you a PEAK shower timer (while supplies last).

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WEEK 1

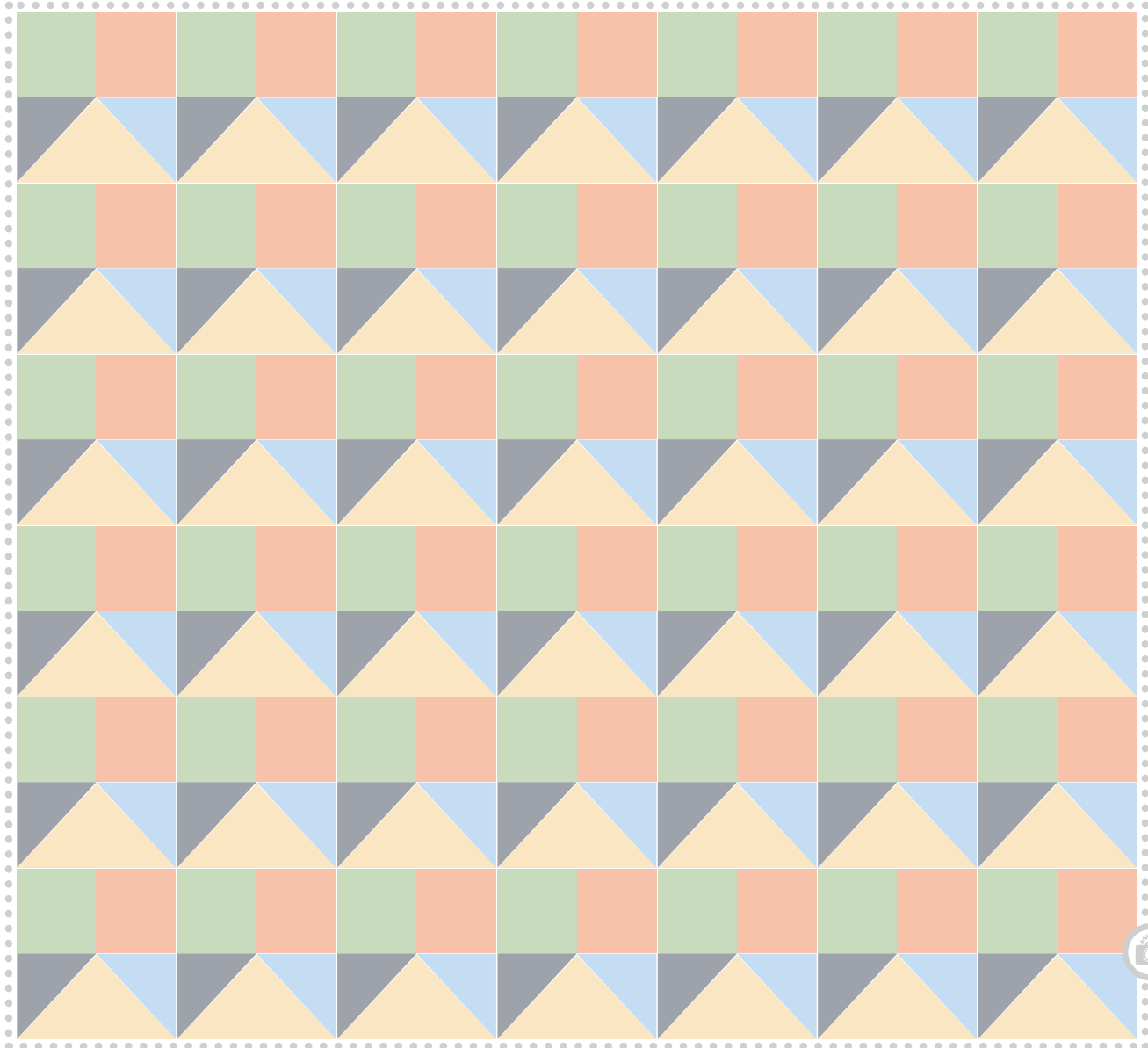
WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6



Under 5 min.	Over 5 min.
No Shower	Hot Shower
Warm Shower	

## LEGEND

**Shortening your shower to 5 minutes or less every day will save up to 5,500 gallons of water each year—that's almost 80 bathtubs full of water!**

Plus, did you know the true cost of a shower is not just the cost of the water, but also the cost to heat our water with natural gas? Taking a cooler, shorter shower is one of the easiest things we can do to save energy and water during this historic drought.

You can distinguish a warm shower from a hot shower: If you use more than your normal amount of cold water and turn down the hot water nozzle.

### Materials Needed:

- Stop-watch or kitchen timer
- Take 5 water log
- Sheet protector
- Pen or pencil



Student Energy Actions