

Flushed toilet
Washed hands 20 seconds
4 minute shower 1 minute warm up
Rinsed hands 15 seconds
Brushed teeth 30 seconds
Flushed toilet
Washed a dish 45 seconds
Rinsed hand 10 seconds
Washed dishes 1 minute
Washed dish 29 seconds
Glass of water 10 ounces
Smoothie water 3 ounces
Glass of water 14 ounces
Tea 14 ounces
Flushed toilet
Washed hands 20 seconds
Tea water 12 ounces
Washed dish 10 seconds
Flushed toilet
Washed hands 20 seconds
Flushed toilet
Washed hands 20 seconds
Tea water 12 ounces
Glass of water 14 ounces
Water to cook noodles 20 ounces
Water to wash lettuce 1.5 minutes
Water to wash and steam kale 20 ounces
Water to wash dishes 5 minutes
Eye drops 2 ounces
Tea water 12 ounces
Glass of water 14 ounces
Flushed toilet
Washed hands 20 seconds
Flushed toilet
Washed hands 15 seconds
Glass of water 4 ounces
Glass of water 4 ounces
Flushed toilet
12 ounces water for soup
Rinsing vegetables 5 minutes
30 ounces of water for boiling rice
Washed face 4 minutes
Brushed teeth 20 seconds
Flushed toilet
Rinsed face 20 seconds
Brushed teeth 20 seconds
Glass of water 10 ounces
Shower 6 minutes
Rinsed hands 10 seconds
Rinse hand 4 seconds
Water for smoothie 4 ounces
Washing dishes 2 minutes
Washing dishes 30 seconds
Glass of water 10 ounces
Water for coffee 12 ounces
Flushed toilet
Washed hands 20 seconds
Rinsed glass 16 seconds
Flushed toilet
Washed hands 20 seconds
Salad washed with water 1 minute
Vegetables cooked in 30 ounces water
Rice cooked in 30 ounces water
Spoon rinsed 10 seconds
Flushed toilet
Washed hands 20 seconds
Rinsed cup 5 seconds
Tea water 14 ounces
Glass of water 10 ounces
Washed hands 15 seconds
Washed dishes 4 minutes
Glass of water 12 ounces
Washed face 1 minute
Brushed teeth 20 seconds
Washed face 40 seconds
Brushed teeth 15 seconds
Glass of water 12 ounces
Shower 6 minutes
Rinsed hand 6 seconds
Rinsed cup 2 seconds
Dishes 19 seconds
Glass of water 12 ounces
Rinsed cup 3 seconds
Water for coffee 12 ounces
Glass of water 12 ounces
Toilet flushed
Washed hands 15 seconds
Washed dish 30 seconds
Flushed toilet
Washed hands 15 seconds
Water for tea 13 ounces
Flushed toilet
Washed hands 15 seconds
Dishes 1 minute
Washed hands 15 seconds
Water for ice 10 ounces
Water to boil rice 1 cup
Water to wash cucumber 10 seconds
Glass of water 10 ounces
Flushed toilet
Washed hands 10 seconds
Flushed toilet
Washed hands 15 seconds
Glass of water 7 ounces
Washed hands 15 seconds
Glass of water 10 ounces
Washed face 3 minutes
Flushed toilet
Washed hands 15 seconds
4 eye drops
Washed hands 10 seconds
Shower 4 minutes
Brushed teeth 30 seconds
Dishes 2 minutes
Dishes 1 minute
Water for boiled eggs 12 cups
Water for tea 12 ounces
Rinse hands 15 seconds
Glass of water 12 ounces
Water for tea 12 ounces
Hands washed 20 seconds
Glass of water 12 ounces
Water for cleaning kitchen 4 cups
Washing hands 10 seconds
Washed two glasses 10 seconds
Flushed toilet
Washed hands 15 seconds
Water for coffee 12 ounces
Flushed toilet
Washed hands 10 seconds
Dishes 4 minutes
Washed face 3 minutes
Brushed teeth 30 seconds
Water 12 ounces
Washed counter with sponge 3 seconds
Water for tea 13 ounces
Water for smoothie 4 ounces
Water for dishes 2 minutes
Flushed toilet
Washed hands 15 seconds
Flushed toilet
Washed hands 10 seconds
Shower 4 minutes
Temporary tattoo water 30 seconds
Glass of water 12 ounces
Water for tea 12 ounces
Rinsed hands 10 seconds
Washed hands 15 seconds
Dishes 1 minute
Water for cleaning the cabinets 3 minutes
Dishes 1 minute
Rinsing sponge 5 seconds
Glass of water 12 ounces
Water for tea 13 ounces
Dishes 20 seconds
Water for garbanzos 3 cups
Water to soak cashews 1 cup
Flushed toilet
Washed hands 10 seconds
Rinsed hand 3 seconds
Rinsed pot 2 seconds
Water for sauce .5 cup
Washed lettuce 1 minute
Washed dishes 1 minute
Washed face 3 minutes
Brushed teeth 30 seconds
Glass of water 12 ounces
Glass of water 10 ounces
Flushed toilet
Shower 5 minutes
Brushed teeth 20 seconds
Dishes 1 minute
Glass of water 12 ounces
Flushed toilet
Washed hands 17 seconds
Water for canteen 40 ounces
Water for tea 12 ounces
Dishes 1 minute
Flushed toilet
Washed hands 15 seconds
Water for tea 12 ounces
Flushed toilet
Washed hands 10 seconds
Water for broth 1 cup
Water for tea 10 ounces
Flushed toilet
Washed hands 14 seconds

Rinsed hands 4 seconds
Rinsed pan 5 seconds
Rinse vegetable 2 minutes
Dishes 5 minutes
Washed face 3 minutes
Brushed teeth 15 seconds
Glass of water 10 ounces
Flushed toilet
Rinsed face 10 seconds
Glass of water 10 ounces
Washed hands 14 seconds
Rinsed face 10 seconds
Shower 5 minutes
Water for tea 12 ounces
Water for coffee 14 ounces
Dishes 30 seconds
Flushed toilet
Washed hands 10 seconds
Dishes 3 minutes
Water for tea 16 ounces
Glass of water 11 ounces
Water for lentils 1.5 cups
Water for quinoa 1 cup
Water for broth 1 cup
Rinsed kale 2 minutes
Washed dish 10 seconds
Dishes 1 minute
Water for flowers 8 cups
Flushed toilet
Washed face 3 minutes
Brushed teeth 10 seconds
Rinsed hand 2 seconds
Shower 2 minutes
Brushed teeth 10 seconds
Water for cleaning shoes 2 seconds
Flushed toilet
Glass of water 10 ounces
Water for tea 12 ounces
Water for canteen 40 ounces
Flushed toilet
Washed hands 13 seconds
Water for tea 7 ounces
Flushed toilet
Washed hands 15 seconds
Rinsed cup 10 seconds
Flushed toilet
Washed hands 10 seconds
Rinsed greens 15 seconds
Water for garbanzos 2 cups
Washed dishes 45 seconds
Washed face 30 seconds
Brushed teeth 15 seconds
Glass of water 12 ounces
Shower 3 minutes
Brushed teeth 7 seconds
Glass of water 12 ounces
Glass of water 7 ounces
Rinse vegetables 5 seconds
Washed dishes 5 seconds
Water for canteen 40 ounces
Water for tea 12 ounces
Water for tea 7 ounces
Flushed toilet
Washed hands 10 seconds
Glass of water 14 ounces
Water for rice 1 cup
Rinsing lettuce 3 seconds
Rinsed cup 2 seconds
Water for tea 10 ounces
Flushed toilet
Water for beans 1 cup
Dishes 2 minutes
Water for flowers 4 cups
Washed face 1 minute
Brushed teeth 10 seconds
Glass of water 5 ounces
Flushed toilet
Washed hands 7 seconds
Water for smoothie 1.5 cups
Rinsed hands 3 seconds
Dishes 45 seconds
Water for tea 10 ounces
Dishes 20 seconds
Shower 3 minutes
Brushed teeth 5 seconds
Glass of water 10 ounces
Water for rice 3 cups
Flushed toilet
Small load of laundry
Regular load of laundry
4 eye drops
Water for coffee 12 ounces
Water for kombucha 10 ounces
Glass of water 10 ounces
Rinsed vegetables 30 seconds
Water for rice 3 cups
Flushed toilet
Washed dishes 2 minutes
Washed dishes 1 minute
Glass of water 10 ounces
Flushed toilet
Washed hands 5 seconds
Washed face 1 minute
Glass of water 10 ounces
Flushed toilet
Washed hands 6 seconds
Washed face 1 minute
Brushed teeth 15 seconds
Flushed toilet
Washed hands 10 seconds
Shower 3 minutes
Washed hands 10 seconds
Dishes 20 seconds
Rinsed hand 3 seconds
Water for tea 10 ounces
Glass of water 10 ounces
Water for steamed vegetables 2 cups
Water for quinoa 1 cup
Water for bath 1/4 full
Dishes 15 seconds
Brushed teeth 6 seconds
Brushed teeth 6 seconds
Glass of water 9 ounces
Glass of water 9 ounces
Shower 5 minutes
Rinsed glass 5 seconds
Water for canteen 38 ounces
Water for tea 12 ounces
Water for plants 1 gallon
Water for air plants 1 cup
Flushed toilet
Washed hands 6 seconds
Washed cup 15 seconds
Flushed toilet
Washed hands 10 seconds
Water for tea 10 ounces
Glass of water 10 ounces
Washed greens 20 seconds
Washed chicken off hands 15 seconds
Washed chicken bowl 20 seconds
Washed dishes 1 minute
Washed face 2 minutes
Brushed teeth 5 seconds
Flushed toilet
Washed hands 10 seconds
Shower 2 minutes
Glass of water 10 ounces
Water for tea 12 ounce
Rinse cup 3 seconds
Water for canteen 39 ounces
Water for brown rice 1 cup
Flushed toilet
Washed hands 10 seconds
Washed dish 10 seconds
Glass of water 10 ounces
Water for Americano 12 ounces
Rinsed lettuce 1 minute
Water for quinoa 1 cup

Brushed teeth 5 seconds
Washed face 1 minute
Glass of water 10 ounces
Shower 4 minutes
Rinsed hands 3 seconds
Brushed teeth 13 seconds
Glass of water 10 ounces
Glass of water 8 ounces
Water for tea 12 ounces
Rinsed hands 3 seconds
Flushed toilet
Washed hands 10 seconds
Water for canteen 37 ounces
Flushed toilet
Washed hands 6 seconds
Water for washcloth 2 seconds
Rinsed greens 40 seconds
Rinsed hands 10 seconds
Washed face 20 seconds
Water for cleaning stove 4 seconds
Dishes 2 minutes
Brushed teeth 8 seconds
Glass of water 10 ounces
Shower 4 minutes
Brushed teeth 10 seconds
Rinsed hand 2 seconds
Glass of water 12 ounces
Flushed toilet
Washed hands 5 seconds
Water for canteen 38 ounces
Rinsed cup 5 seconds
Water for tea 12 ounces
Water for coffee 11 ounces
Water for kombucha 10 ounces
Small load of laundry
1/2 cup water for plant
Flushed toilet
Washed hands 10 seconds
Glass of water 5 ounces
Rinsed hand 2 seconds
Glass of water 10 ounces
Washed hands 10 seconds
Water for millet 1/2 cup
Rinsed vegetables 15 seconds
Water for garbanzos 1 cup
Brushed teeth 8 seconds
Washed face 30 seconds
Glass of water 10 ounces
Flushed toilet
Washed hands 7 seconds
Glass of water 10 ounces
Shower 3 minutes
Brushed teeth 5 seconds
Rinsed hands 2 seconds
Water in Gatorade 1 cup
Rinsed lettuce 1 minute
Glass of water 10 ounces
Glass of water 10 ounces
Glass of water 10 ounces
Glass of water 7 ounces
Washed dishes 45 seconds
Washed dishes 25 seconds
Washed hands 7 seconds
Glass of water 10 ounces
Water to rinse greens 45 seconds
Washed counter 3 seconds
Washed hands 5 seconds
Brushed teeth 7 seconds
Shower 2 minutes
Shower 1 minute
Rinsed hands 2 seconds
Brushed teeth 10 seconds
Glass of water 13 ounces
Cup of water 12 ounces
Water for tea 12 ounces
Water for Americano 12 ounces
Dishes 30 seconds
Water for garden peas 5 cups
Flushed toilet
Washed hands 10 seconds
Bottle of water 17 ounces
Glass of water 8 ounces
Glass of water 10 ounces
Water in kombucha 10 ounces
Water to wash vegetables 30 seconds
Flushed toilet
Washed hands
Dishes 1 load in dishwasher
Washed face 20 seconds
Brushed teeth 10 seconds
Rinsed hands 4 seconds
Glass of water 10 ounces
Spilled water 2 tablespoons
Flushed toilet
Washed hands 6 seconds
Washed dishes 20 seconds
Washed dishes 15 seconds
Glass of water 12 ounces
Brushed teeth 6 seconds
Rinsed hand 4 seconds
Washed hands 10 seconds
Rinse canteen 5 seconds
Rinse cup 3 seconds
Water for canteen 40 ounces
Water for tea 12 ounces
Water for tea 5 ounces
Flushed toilet
Washed hands 4 seconds
Water for kombucha 13 ounces
Washed face 3 seconds
Washed hands 4 seconds
Glass of water 7 ounces
Water for cleaning vegetables 20 seconds
Flushed toilet
Washed hands 10 seconds
Glass of water 12 ounces
Water for rice 2 cups
Washed broccoli 10 seconds
Washed face 18 seconds
Brushed teeth 10 seconds
Rinsed face 4 seconds
Brushed teeth 9 seconds
Glass of water 12 ounces
Glass of water 12 ounces
Washed hands 4 seconds
Cup of water 8 ounces
Water for tea 12 ounces
Water for tea 8 ounces
Flushed toilet
Washed hands 10 seconds
Dishes 30 seconds
Flushed toilet
Washed hands 10 seconds
Water for canteen 40 ounces
Flushed toilet
Washed hands 5 seconds
Water for rice 1 cup
Water to wash veggies 20 seconds
Washed fork 3 seconds
Water for coffee 12 ounces
Flushed toilet
Washed hands 5 seconds
Water for cleaning lettuce 20 seconds
Water for chickpeas 2 cups
Brushed teeth 5 seconds
Washed face 20 seconds
Glass of water 12 ounces
Shower 3 minutes
Water for canteen 40 ounces
Water for tea 12 ounces
Water for brown rice 1 cup
Water to wash my diva cup 20 seconds
Flushed toilet
Washed hands 15 seconds
Rinsed lettuce 15 seconds
Water for garbanzos 1 cup
Water for tea 12 ounces
Water for canteen 35 ounces
Flushed toilet
Washed hands
Washed dishes 45 seconds
Washed chicken from hands 15 seconds
Washed spinach 40 seconds
Washed dishes 1 minute
Washed diva cup 30 seconds
Flushed toilet
Washed hands 10 seconds
Washed face 15 seconds
Brushed teeth 10 seconds
Glass of water 12 ounces
Flushed toilet
Washed hands 10 seconds
Water for canteen 20 ounces
Rinsed hand 3 seconds
Rinsed cup 3 seconds
Water for tea 12 ounces
Flushed toilet
Washed hands 10 seconds
Water for tea 11 ounces
Flushed toilet
Washed hands 10 seconds
Glass of water 13 ounces
Water for Brian rice 2 cups
Rinsed vegetables 20 seconds
Dishes 1 minute

Dishes 1 minute
Rinsed hands 3 seconds
Glass of water 12 ounces
Rinsed diva cup 10 seconds
Washed face 30 seconds
Brushed teeth 13 seconds
Rinsed face mask 15 seconds
Glass of water 12 ounces
Flushed toilet
Glass of water 14 ounces
Flushed toilet
Shower 2 minutes
Washed hands 8 seconds
Water for canteen 38 ounces
Water for coffee 14 ounces
Water for brown rice 1 cup
Water for cashew cheese 1 cup
Flushed toilet
Washed hands 10 seconds
Water for kombucha 12 ounces
Flushed toilet
Washed hands 7 seconds
Water for rose 1/2 cup
Water for plants 13 ounces
Rinsed greens 30 seconds
Glass of water 14 ounces
Glass of water 10 ounces
Shower 3 minutes
Rinsed diva cup 15 seconds
Glass of water 12 ounces
Glass of water 12 ounces
Brushed teeth 10 seconds
Glass of water 6 ounces
Glass of water 5 ounces
Water to clean greens 1 minute
Water for coffee 12 ounces
Water for tea 12 ounces
Glass of water 12 ounces
Water for tea 12 ounces
Water for lettuce 20 seconds
Flushed toilet
Washed hands 10 seconds
Glass of water 13 ounces
Washed hands 7 seconds
Flushed toilet
Washed hands 5 seconds
Water for rice 1 cup
Water for beans 1 cup
Water to rinse cabbage 17 seconds
Water to wash inside of drawer 3 seconds
Dishes 1 minute
Flushed toilet
Shower 3 minutes
Brushed teeth 10 seconds
Glass of water 12 ounces
Glass of water 12 ounces
Glass of water 8 ounces
Water for coffee 14 ounces
Water to rinse lettuce 1 minute
Water to rinse broccoli 15 seconds
Rinsed hands 10 seconds
Washed refrigerator 40 seconds
Washed dishes 1 minute
Glass of water 12 ounces
Water for beet elixir 10 ounces
Water for latte 6 ounces
Flushed toilet
Washed hands 10 seconds
Washed dishes 30 seconds
Washed cabinets 10 seconds
Water for broth 2 cups
Water for millet 2 cups
Glass of water 13 ounces
Rinsed hands 3 seconds
Water for kombucha 13 ounces
Glass of water 12 ounces
Washed face 30 seconds
Brushed teeth 10 seconds
Glass of water 13 ounces
Shower 3.5 minutes
Brushed teeth 10 seconds
Rinsed cup 6 seconds
Rinsed hand 3 seconds
Rinsed cups 7 seconds
Water for tea 12 ounces
Water for canteen 40 ounces
Flushed toilet
Washed hands 10 seconds
Glass of water 13 ounces
Washed dish 15 seconds
Flushed toilet
Washed hands 10 seconds
Water for broth 2 cups
Water for millet 2 cups
Glass of water 13 ounces
Rinsed hands 3 seconds
Water for kombucha 13 ounces
Glass of water 12 ounces
Washed face 30 seconds
Brushed teeth 10 seconds
Glass of water 13 ounces
Shower 3.5 minutes
Brushed teeth 10 seconds
Rinsed cup 6 seconds
Rinsed hand 3 seconds
Rinsed cups 7 seconds
Water for tea 12 ounces
Water for canteen 40 ounces
Flushed toilet
Washed hands 10 seconds
Glass of water 13 ounces
Washed dish 15 seconds
Flushed toilet
Washed hands 10 seconds
Water for rice .5 cups
Water for greens 1 cup
Dishes 20 seconds
Glass of water 6 ounces
Glass of water 6 ounces
Water for canteen 30 ounces
Flushed toilet
Washed hands 10 seconds
Water for squash and turnip broth 2 cups
Water to wash greens 10 seconds
Glass of water 12 ounces
Water for Beckett's flower .5 cups
Dishes 20 seconds
Washed hands 5 seconds
Washed face 15 seconds
Brushed teeth 10 seconds
Glass of water 12 ounces
Shower 2 minutes
Brushed teeth 7 cups
Water for smoothie 1 cup
Washed dishes 10 seconds
Water for canteen 38 ounces
Water for tea 12 ounces
Flushed toilet
Washed hands 5 seconds
Flushed toilet
Washed hands 5 seconds
Dishes 25 seconds
Glass of water 12 ounces
Water to wash lettuce 15 seconds
Water to wash cabbage 15 seconds
Water for Lima beans 1 cup
Glass of water 12 ounces
Dishes 1 load in dishwasher
Flushed toilet
Washed hands 10 seconds
Washed face 15 seconds
Flushed toilet
Glass of water 12 ounces
Shower 2 minutes
Dish washed 4 seconds
Washed hand 3 seconds
Rinsed cup 4 seconds
Water for tea 12 ounces
Water for canteen 40 ounces
Water for air plants 1 cup
Flushed toilet
Washed hands 10 seconds
Water for cabbage 1 cup
Water for rice 1 cup
Water for tea 6 ounces
Flushed toilet
Washed hands 7 seconds
Water to wash mushrooms 30 seconds
Water to steam edamame 2 cups
Water for rice 1 cup
Glass of water 8 ounces
Washed face 16 seconds
Brushed teeth 10 seconds
Glass of water 12 ounces
Shower 2 minutes
Glass of water 12 ounces