

Week 1: Is Showering a Hot Topic?



There's nothing better than a long, hot shower to wake yourself up or to unwind after a long day. The average American showers for 8.2 minutes, which comes out to 17.2 gallons of water per shower. Cutting back on shower time is not only good for the environment (saving on your heating bill and the resulting emissions from energy production), but it's good for your water bill, too!

HOW TO IMPROVE YOUR SHOWER HABITS

- ✓ Take cold (or *colder*) showers. If the water isn't as hot, you'll be less inclined to wallow in the shower.
- ✓ Complete other tasks while the water heats up, such as brushing your teeth.
- ✓ Time yourself. Once you know how long your typical shower is, challenge yourself to decrease your time by a minute or so each week. For a better challenge, set a timer and race against the clock!
- ✓ Try a "Navy" or modified "Navy" shower. Use 30 seconds to get yourself wet. Then, turn off the water while you lather with soap. Finally, turn the water back on to rinse off.



How can I earn positive points this week?

- Take a cold shower
- Complete a task while the water heats up
- Time yourself showering, then try to beat that time!
- Try a "Navy" shower
- Create a shower playlist with some tunes to help you track your time in the shower
- Talk to a friend about changing their shower habits

Thank you again for joining the Energy Conservation Challenge. We hope Week 1 is going well and that you have already learned a lot about your energy habits thus far. Contact iseesustainabilitychallenge@gmail.com with questions, stories, or feedback!

Please submit your [Week 1 Form](#) by Sunday night, 4/9.