



Wastewater audit recording sheet

How to do an audit

1. Record waste items that go down the drain every time you use them.
2. Approximate the weight of the items (use our table as a rough guide).
3. Make notes about any:
 - items not listed on the sheet
 - details such as if items were eco-friendly, free of specific chemicals, concentrated or biodegradable.

This can help you assess areas you could improve on and help make a positive impact on water and the environment.

Remember, if you collect more detailed and accurate data you will be able to form more valid results with less assumptions.

You can do this audit for one day or over a longer period to get a more reliable and representative sample.

Sample answers

Average dose and approximate weights of household items.	
Item	Weight
1 teaspoon of liquid	5 g
1 cup of liquid	250 g
Dishwasher tablet	17 g
Dishwasher tablet	17 g
Fabric softener	100 g regular cap 25 g concentrate cap
Laundry powder	45 g regular scoop
Mouthwash	20 g cap
Spray	0.1 g per spray
Toilet freshener	0.2 g per flush
Toilet paper	0.5 g per sheet

Waste items
Date: 21/11/14 Name: Example

Item	Waste disposed	Total
Human and toilet waste		
Flie (Y/N)	Y	Unknown
Poo (Y/N)	Y	" "
Saliva/Vomit/Spot (Y/N)	Y	" "
Toilet paper (sheets)	8, 3, 4, 4, 6	12.5 g
Wipes (sheets)	1, 1	5
Notes: 1 used flushable wipes		
Cleaning Products		
Liquid detergent (g)	2g, 3g	5g
Dishwash powder (g)		
Dishwash tablet (g)	1 tablet - 17g	17g
Fabric softeners (g)	~ 15g	15g
Floor and surface cleaner (g)		
Laundry liquid (g)		
Laundry powder (g)	~ 20g	20g
Laundry soaker (g)		
Surface cleaner (g)		
Toilet cleaner (g)		
Toilet freshener (g)	5 x ~0.2g	1g
Notes: Laundry powder was ecofriendly, phosphate free		

Body Products		
Body wash (g)	~5g	5g
Conditioner (g)		
Deodorant (g)	< 0.1mL	< 0.1g
Face cream (g)		
Hair dye (g)		
Hand and body lotion (g)		
Hand wash (g)		
Mouthwash (g)	20mL	~20g
Shampoo (g)		
Shaving cream (g)		
Soap bar (g)		
Sunscreen (g)		
Toothpaste (g)	~0.5g + 0.5g	1g
Notes: Sulphate-free soap wash		
Other items (list examples if applicable)		
Food scraps, liquids (fats, oils, grease) and beverages	Left over milk, soup	
Chemicals, fuels, paints		
Other solid items	Cotton ear bud in sink	
Notes:		

Waste items

Date: _____

Name: _____

Item	Waste disposed	Total (g)
Human and toilet waste		
Pee (Y/N)		
Poo (Y/N)		
Saliva, vomit, snot (Y/N)		
Toilet paper (sheets)		
Wipes (sheets)		
Notes:		
Cleaning products		
Dishwashing liquid detergent (g)		
Dishwashing powder (g)		
Dishwashing tablet (g)		
Fabric softeners (g)		
Floor and surface cleaner (g)		
Laundry liquid (g)		
Laundry powder (g)		
Laundry soaker (g)		
Surface cleaner (g)		
Toilet cleaner (g)		
Toilet freshener (g)		
Notes:		

Date: _____

Name: _____

Body products		
Body wash (g)		
Conditioner (g)		
Deodorant (g)		
Face cream (g)		
Hair dye (g)		
Hand and body lotion (g)		
Hand wash (g)		
Mouthwash (g)		
Shampoo (g)		
Shaving cream (g)		
Soap bar (g)		
Sunscreen (g)		
Toothpaste (g)		
Notes:		
Other items (list examples)		
Food scraps, liquids (fats, oils, grease) and beverages		
Chemicals, fuels, paints		
Other solid items		
Notes:		