

# I Tapped Out Instructions (A great part of your WOW Journey)

Have you thought about how you brush your teeth?  
It goes something like this...

1. Get toothbrush and toothpaste
2. Turn on water, rinse toothbrush
3. Put toothpaste on toothbrush
4. Brush teeth
5. Swish and spit
6. Rinse off toothbrush
7. Turn off water



Maybe you do it a little differently, but there's one thing a lot of us do that needs to change – we need to turn off the water and not leave it running while we're brushing our teeth. When we leave the water running, we're spending money, wasting energy, and using water that other people in the world need.

It is estimated that if you leave the water running when you brush your teeth, you will waste 3.5 gallons of water. In many river basins and aquifers we are taking out more than is put in by rain or snow. If we continuously take out more than you deposit, we're headed for trouble.

How much water evaporates affects climate, and the climate affects how much water falls (precipitation). It's complicated, but it's all related. If we don't take care of the water we have here, we are affecting the environment.

## So what can you do?



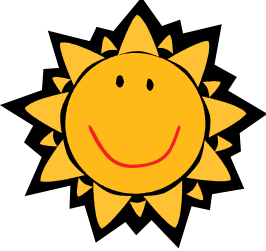


It's soooooo easy!

1. *Turn off the water when you brush your teeth.*  
Girl Scouts of Middle Tennessee wants others to know how we can all work together and do a simple thing to make the world a better place.
2. *Keep track and let us know!*  
Use a calendar or use the attached sheet and keep track. If you only do it once, that still helps. Get your family and friends to do it, too. Send the form to [ProgramDept@gsmidtn.org](mailto:ProgramDept@gsmidtn.org)
3. *Buy an I Tapped Out patch.*  
Let others know that you participated and buy a patch to put on your uniform. Patches are available for purchase in the Girl Scout Council shop (\$2.00).



# I Tapped Out

Use this form to track when you turned off the water while brushing you teeth.

Day of the Week	Date	Morning 	Night 	Other 
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
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Remember to send the information to [ProgramDept@gsmidtn.org](mailto:ProgramDept@gsmidtn.org)