



Taking Out the Trash

☐


Observe when it's full

☐


Take trash to the bin

☐


Replace trash bags in cans

☐


Put the bin out for collection

☐


Bring bins back in once they're empty

☐


Know and remember what day is trash collection day

☐


Ensure there are trash bags on hand



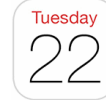
First Haircuts Then Doctor

☐


Choose a hairdresser

☐


Call or book an appointment online at a time that works for them and for an adult who can drive them there if needed

☐


Put the appointment on the calendar and track when it's coming up

☐


Get to the appointment on time

☐


Explain to the hairdresser what kind of haircut is desired

☐


Pay for the haircut and tip appropriately

☐


Know when it's time to go again without reminders



Laundry for Teens + Mental Load

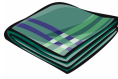
Weekly



Clothes



Sheets



Towels

Step 1: Do
personal items -
no reminders

Monthly



Bath mat



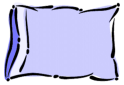
Bathrobe



Comforter

Step 2: Add in
less frequent
items

Monthly



Pillows



Coats



Sneakers



Hats



Scarves and
mittens

Step 3: Add in
more personal
items and learn
to track these
less frequent
items

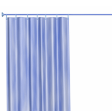
Household



Pet bedding



Kitchen
towels



Shower
curtains



Washable
rugs



Throw
blankets



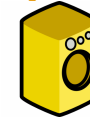
Throw pillows

Step 4: Include
them in rotation
for items the
whole family
uses

Full Responsibility



No reminders
needed



Coordinate w/
others



Keep supplies
on hand

Step 5: No
dependence on
mom!

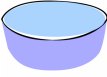


Extracurriculars

- ☐  Choose the activities
- ☐  Sign up in time
- ☐  Track practices, rehearsals, games, or recitals
- ☐  Keep uniform / dress clothes clean
- ☐  Get there / organize rides
- ☐  Tell family about games and performances
- ☐  Handle end of year celebrations and gift cards



Pet Care & Mental Load

- ☐  Feed pet: Know the schedule, the amount, and remember to do it unprompted
- ☐  Give pet water: Keep the dish filled
- ☐  Exercise or play with pets as needed
- ☐  Clean litter box, cage, poop on a regular schedule - make sure supplies (litter, poop bags) are on hand
- ☐  Handle regular grooming
- ☐  Make sure pet food and treats are purchased on time
- ☐  Remember, schedule, and attend vet appointments. Handle medicines and health emergencies
- ☐  Arrange pet care for vacations



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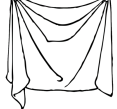


Laundry for Teens + Mental Load

Weekly



Clothes



Sheets



Towels

Monthly



Bath mat



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Comforter

Monthly



Pillows



Coats



Sneakers



Hats



Scarves and mittens

Household



Pet bedding



Kitchen towels



Shower curtains



Washable rugs



Throw blankets



Throw pillows

Step 1: Do personal items - no reminders

Step 2: Add in less frequent items

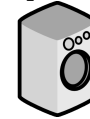
Step 3: Add in more personal items and learn to track these less frequent items

Step 4: Include them in rotation for items the whole family uses

Full Responsibility



No reminders needed



Coordinate w/ others



Keep supplies on hand

Step 5: No dependence on mom!



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