



## Pet Care & Mental Load

- ☐  Feed pet: Know the schedule, the amount, and remember to do it unprompted
- ☐  Keep water dish filled
- ☐  Exercise pets as needed
- ☐  Clean litter box, cage, poop on a 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

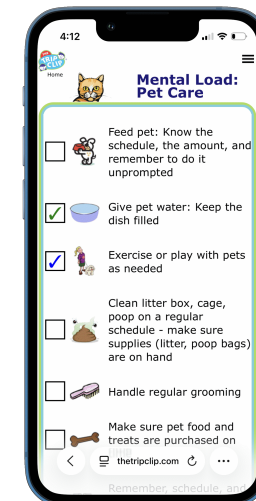
Want to make some changes?

You can edit this at  
[TheTripClip.com](https://thetripclip.com)

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!



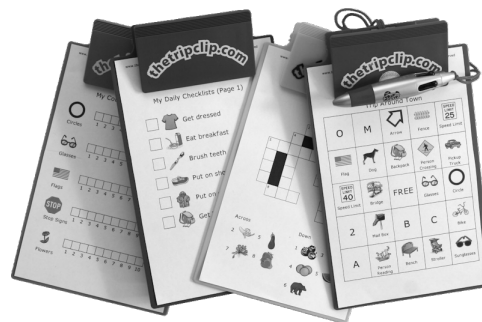


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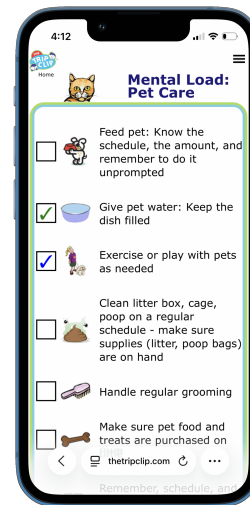
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