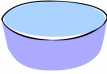




Pet Care & Mental Load

- ☐  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

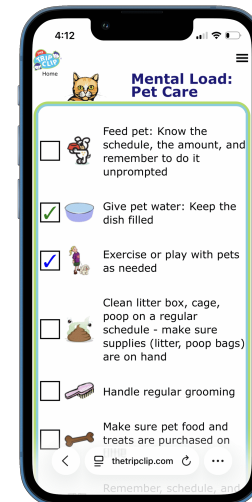
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This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!





Pet Care & Mental Load

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