



# Daily



Track daily/weekly calendar

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Morning: Get kids up, fed, dressed, lunches packed, to school

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After School: Pickup, snack, activities, homework helper

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Dinner: Meal plan, grocery shop, cook

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Do dishes and dinner cleanup

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Tidy up

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Pet care

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Bedtime: Get kids in PJs, teeth brushed, stories read

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## A workbook for parents striving to be equal partners

1. Take time to talk through each worksheet
2. Assign the tasks by putting someone's initials in each box
3. Aim for that person to own the mental load and the execution
4. When needed, use the line underneath to track exceptions
5. Note that some tasks are 10x others, and 'fair' will be different for every family - the goal is to find what works for yours
6. Remember you can revisit this as you learn the best ways to share the load
7. Learn more at [www.thetripclip.com/share-the-load](http://www.thetripclip.com/share-the-load)