



# Appointments



Find providers  
 Doctor \_\_\_\_\_  
 Dentist \_\_\_\_\_  
 Eye \_\_\_\_\_  
 Haircuts \_\_\_\_\_  
 Orthodontist \_\_\_\_\_  
 Allergist \_\_\_\_\_  
 Therapist \_\_\_\_\_  
 Tutor \_\_\_\_\_  
 Vet \_\_\_\_\_  
 Other \_\_\_\_\_



Schedule and attend appointments  
 \_\_\_\_\_



Pay bills, handle insurance claims \_\_\_\_\_



Take care of prescriptions  
 \_\_\_\_\_

# 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)