



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