







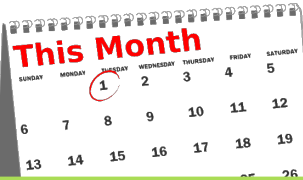
# A workbook for parents striving to be equal partners

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)



# Daily

-  Track daily/weekly calendar  
\_\_\_\_\_
-  Morning: Get kids up, fed, dressed, lunches packed, to school  
\_\_\_\_\_
-  After School: Pickup, snack, activities, homework helper  
\_\_\_\_\_
-  Dinner: Meal plan, grocery shop, cook  
\_\_\_\_\_
-  Do dishes and dinner cleanup  
\_\_\_\_\_
-  Tidy up  
\_\_\_\_\_
-  Pet care  
\_\_\_\_\_
-  Bedtime: Get kids in PJs, teeth brushed, stories read  
\_\_\_\_\_












# Year-Round

-  Kid clothes shopping  
\_\_\_\_\_
-  Household shopping  
\_\_\_\_\_
-  Research major purchases  
\_\_\_\_\_
-  Yardwork  
\_\_\_\_\_
-  Car & bike maintenance  
\_\_\_\_\_
-  Finances - sort mail, pay bills, manage money, insurance, taxes  
\_\_\_\_\_
-  Do or hire for home improvements and repairs  
\_\_\_\_\_
-  Family travel - plan, book, pack and unpack  
\_\_\_\_\_



# Cleaning

-  Pick up  
\_\_\_\_\_
-  Vacuum  
\_\_\_\_\_
-  Sweep  
\_\_\_\_\_
-  Dust  
\_\_\_\_\_
-  Clean bathroom  
\_\_\_\_\_
-  Clean kitchen  
\_\_\_\_\_
-  Trash & recycling  
\_\_\_\_\_
-  Laundry: clothes, kid clothes, linens, sheets, sort, wash, fold, put away  
\_\_\_\_\_
-  Water plants  
\_\_\_\_\_



# School



Handle all papers, medical forms, permission slips

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Read school emails

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Volunteer

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Provide classroom snacks and supplies

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Track assignments and grades

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Buy supplies

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# Activities



Choose which ones, find programs, sign up on time

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Point person for all emails/communication

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Track practices, lessons, games, performances

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Shop for gear and supplies

---



Drive to/from all related events, coordinate carpool

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Handle snacks, volunteer jobs, thank you gifts

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Summer camp planning and signups

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Church attendance, activities, engagement

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# 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  
 \_\_\_\_\_



# Social



Plan play dates, date nights, seeing family friends and relatives  
 \_\_\_\_\_



Stay in touch with out of town family and friends  
 \_\_\_\_\_



Feast days - plan, shop, clean, cook, coordinate special occasions  
 \_\_\_\_\_



Buy presents - holidays, family birthdays (near and far), kids' friends' birthdays, send thank you notes  
 \_\_\_\_\_



Find and book qualified sitters  
 \_\_\_\_\_



Family archiver - collect photos from phones & cameras, make albums, print photos  
 \_\_\_\_\_