The mental load checklist

For each line, mark who notices it needs doing. Not who does it.

	Me	Partner	Shared	Let it go
School				
Knowing which day is library day, gym day and show-and-tell	☐	☐	☐	☐
Signing and returning permission slips before the deadline	☐	☐	☐	☐
Picture day: the date, the outfit, the order form	☐	☐	☐	☐
Reading the school emails and the class newsletter	☐	☐	☐	☐
Teacher gifts, class parties and who's bringing what	☐	☐	☐	☐
Early-release days, teacher workdays and school breaks	☐	☐	☐	☐
Field trip lunches and spirit-week outfits	☐	☐	☐	☐
Booking parent-teacher conferences	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
Health				
Knowing when checkups are due, and booking them	☐	☐	☐	☐
Dentist cleanings every six months	☐	☐	☐	☐
Which shots are due before the school year	☐	☐	☐	☐
Refilling prescriptions before they run out	☐	☐	☐	☐
Who had a fever, and when it started	☐	☐	☐	☐
Keeping the medicine cabinet stocked: fever reducer, bandages, sunscreen	☐	☐	☐	☐
Eye exams, and knowing where the glasses are	☐	☐	☐	☐
The school health forms every fall	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
Food				
What's for dinner tonight, and the rest of the week	☐	☐	☐	☐
Noticing we're almost out of milk, bread or coffee	☐	☐	☐	☐
School lunches and snack days	☐	☐	☐	☐
Who won't eat what this month	☐	☐	☐	☐
Allergies, for every playdate and party	☐	☐	☐	☐
The grocery list, and whose turn it is to go	☐	☐	☐	☐
Bringing a dish when someone asks	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
Home				
Noticing the toilet paper is low before it's gone	☐	☐	☐	☐
Furnace filters and smoke detector batteries	☐	☐	☐	☐
Trash and recycling day, including holiday weeks	☐	☐	☐	☐
Booking repairs, and being home for them	☐	☐	☐	☐
Seasonal swaps: coats, fans, the garden hose	☐	☐	☐	☐
Returning things: library books, borrowed dishes, packages	☐	☐	☐	☐
Knowing where the spare keys, chargers and batteries are	☐	☐	☐	☐
Car registration and oil changes	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐

	Me	Partner	Shared	Let it go
Clothes and gear				
Knowing who's outgrown their shoes	☐	☐	☐	☐
Rain boots, snow boots and winter coats in the right sizes	☐	☐	☐	☐
Clean uniforms and practice clothes on the right day	☐	☐	☐	☐
Hand-me-downs: what to keep, what fits next year	☐	☐	☐	☐
Swim bags, shin guards and dance shoes, and where they are	☐	☐	☐	☐
Labeling water bottles and jackets	☐	☐	☐	☐
Packing for trips and sleepovers	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
Calendar and social				
Every birthday party: the RSVP, gift, card and address	☐	☐	☐	☐
Family birthdays, and getting the card there on time	☐	☐	☐	☐
Playdates and carpools	☐	☐	☐	☐
Activity sign-ups before they fill	☐	☐	☐	☐
Summer camp registration, which opens in winter	☐	☐	☐	☐
Holiday plans, and who's hosting	☐	☐	☐	☐
Booking a sitter for a night out	☐	☐	☐	☐
Thank-you notes	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
Money and paperwork				
School fees, lunch balances and activity payments	☐	☐	☐	☐
Insurance cards and claims	☐	☐	☐	☐
Saving receipts for returns	☐	☐	☐	☐
Renewing passports and IDs before they expire	☐	☐	☐	☐
Subscriptions to cancel	☐	☐	☐	☐
Tax documents, as they arrive	☐	☐	☐	☐
Emergency contacts and pickup lists at school	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
Feelings and check-ins				
Noticing when a kid seems off, and asking about it	☐	☐	☐	☐
Knowing whose friendships are rocky this week	☐	☐	☐	☐
Remembering what the teacher said at pickup	☐	☐	☐	☐
One-on-one time with each kid	☐	☐	☐	☐
Checking in on aging parents	☐	☐	☐	☐
Remembering what a friend is going through, and texting her	☐	☐	☐	☐
Keeping the peace on holiday plans	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐

Pick three whole jobs to hand off: _____ · _____ · _____

Lines we're letting go: _____