

THE SHARED LOAD LIST

A clarity-first approach to home & family responsibilities

- Sit down together, review every category, and assign ONE owner per task (not a helper).
- Agree that ownership includes: remembering, planning, and executing.
- Revisit seasonally.

Home Responsibilities

Daily / Weekly

- Dishes (load/unload/hand wash)
- Kitchen reset (counters, sink, trash)
- Trash & recycling
- Laundry (wash, dry, fold, put away)
- Tidying common areas
- Making beds
- Pet care (feeding, walking, vet scheduling)

Deep / Periodic

- Bathrooms
- Floors (vacuum/mop)
- Fridge clean-out
- Pantry organization
- Seasonal purge (clothes/toys/items)

Meals & Food

- Meal planning
- Grocery list
- Grocery shopping/ordering
- Cooking (weekday)
- Cooking (weekend)
- Packing lunches
- Tracking staples/restocking
- Dishes related to meals

Kids & Family

Daily

- Morning routine
- Bedtime routine
- Homework help
- School communication
- Permission slips/forms

Logistics

- School drop-off/pickup
- Activity scheduling
- Transportation to activities
- Playdates
- Childcare coordination

Admin & Life Management

- Bills & payments
- Budgeting
- Insurance
- Appointments (medical, dental, therapy)
- Car maintenance
- Home maintenance & repairs
- Calendars & scheduling
- Travel planning

Family Culture & Extras (Often Invisible)

- Holidays & celebrations
- Birthdays & gifts
- Traditions & rituals
- Family photos/memory keeping
- Social planning
- Thank-you notes/cards

We agree that: Ownership creates clarity, not rigidity, We step in for each other when life is heavy, this list can change with season