Mental Load Checklist for Couples

Each of you fills in your own column without looking. Write A, B or Both for who holds each line.

School and childcare	A says	B says	Differ?
Reading school emails and app messages			
Permission slips and forms			
Spirit days, snack weeks and costumes			
Pickups, drop-offs and schedule changes			
School fees, lunch money and trips			

Health	A says	B says	Differ?
Booking doctor and dentist visits			
Prescription refills			
Vaccination and health forms			
Noticing when someone needs a checkup			
Knowing allergies and medication details			

Home	A says	B says	Differ?
Noticing what's running out			
Planning meals and writing the grocery list			
Booking repairs and being there for them			
Tracking when chores are due			
Keeping clothes and shoes the right size			

Money and paperwork	A says	B says	Differ?
Paying bills on time			
Renewing passports, licenses and insurance			
Tracking subscriptions			
Filing taxes and keeping documents			
Knowing where important papers are			

Activities and social life	A says	B says	Differ?
Signing up for clubs and sports			
Tracking practice and game schedules			
Replying to party invitations			
Buying gifts and cards			
Arranging playdates and babysitters			

Family and planning ahead	A says	B says	Differ?
Remembering birthdays and anniversaries			
Staying in touch with relatives			
Planning holidays and school breaks			
Packing for trips			
Keeping the shared calendar up to date			

Talk it through

Not a score. The lines where you answered differently are the place to start.

Which lines did we answer differently?

Which line takes the most noticing and planning, not just doing?

What would help the person who holds most of it right now?

Hand over one or two whole jobs

A whole job includes noticing it needs doing, planning it and doing it. The new owner also owns it when it slips.

Job	New owner	Starts on	Check in on