Mental Load Checklist

Who notices, remembers and plans this? Tick one column per line.

School and childcare	Me	Partner	Shared
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	Me	Partner	Shared
Booking doctor and dentist visits	☐	☐	☐
Prescription refills	☐	☐	☐
Vaccination and health forms	☐	☐	☐
Noticing when someone needs a checkup	☐	☐	☐
Knowing allergies and medication details	☐	☐	☐
Home	Me	Partner	Shared
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	Me	Partner	Shared
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	Me	Partner	Shared
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	Me	Partner	Shared
Remembering birthdays and anniversaries	☐	☐	☐
Staying in touch with relatives	☐	☐	☐
Planning holidays and school breaks	☐	☐	☐
Packing for trips	☐	☐	☐
Keeping the shared calendar up to date	☐	☐	☐