Who carries what?

A mental load check-in. Fill it in together, then pick one area to hand off.

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HOW TO FILL IT IN

Write initials in each column

NOTICES
Who sees that it needs doing, without being reminded?

PLANS
Who decides how and when, and keeps track of it?

DOES
Who actually does the task?

PART OF FAMILY LIFE	NOTICES	PLANS	DOES	HAND OFF?
Calendar and appointments Doctor, dentist, haircuts				☐
School Forms, deadlines, picture day, teacher emails				☐
Kids' activities Sign-ups, gear, practice rides				☐
Meal planning What's for dinner, all week				☐
Groceries The list, the shopping, running out				☐
Chores and cleaning Including who reminds the kids				☐
Laundry Washing, folding, outgrown clothes				☐
Birthdays and gifts Family, friends, class parties				☐
Childcare and sitters Booking, briefing, paying				☐
Bills and paperwork Insurance, forms, renewals				☐
Holidays and travel Plans, packing, who hosts				☐
Home repairs Noticing, calling, waiting for the plumber				☐
Pets Food, vet, who's feeding them tonight				☐
Something else				☐
Something else				☐

OUR FIRST HANDOFF

AREA	NEW OWNER	STARTING

Owning an area means noticing, planning and doing it from start to finish.

Make the invisible work visible.

Share the calendar, chores and lists with Poppycal: **poppycal.com**