WORKSHEETS TO CHART YOUR DAILY TASKS

Before

Tasks at home (See chapter 4 step 7)	ME	COMPANION	CHILD 1	CHILD 2	OTHER	OTHER	OTHER	HIRED HELP	
Empty dishwasher	✓								
Prepare breakfast for kids	✓								
Prepare snacks for school	✓								
Clean up bedrooms	✓								
Tidy living room	✓								
Tidy kitchen		✓							
Prepare lunch	✓								
Prepare dinner	✓								
Grocery shop		✓							
Do laundry	✓								
Take out trash		✓							
Drop off children at school		✓							
Pick up children from school		✓							
Bring children to karate	✓								
Purchase clothing for kids	✓								
Make doctor's appointment	✓								
Cancel hair appointment	✓								
Buy ticket	✓								
Go to post office	✓								
Go to bank	✓								