Our Weekly Load Check

15 minutes every Sunday. Brain dump, map it, hand over one area, appreciate the invisible.

Area	Notices	Decides	Does	Follows up
Meals and groceries				
Cleaning and laundry				
Kids and school				
Health and appointments				
Money and bills				
Home and repairs				
Gifts and birthdays				
Social and family				
Pets				
Travel and holidays				

Owner rule: whoever owns an area notices, decides, does, and follows up. No reminders, no rescuing.

From CoupleCareRoutine.com