

MENTAL LOAD RECEIPT

FREE PRINTABLE · DATE: _____

Your Household Receipt

Every family runs on a list nobody wrote down. Let's print it.

HOW IT WORKS

1. For each task, tick who **owns** it: who notices, plans and remembers it, not just who does it when asked.
2. Estimate the minutes it takes per week, including the thinking.
3. Add it up on page 3, then talk about it. No blame, just facts.

	ME	PARTNER	BOTH	MIN/ WEEK
BABY & KIDS				
Notice nappies / clothes running low and restock	☐	☐	☐	_____
Book & remember vaccinations and check-ups	☐	☐	☐	_____
Plan the kids' meals and snacks	☐	☐	☐	_____
Know current clothing and shoe sizes	☐	☐	☐	_____
Research each new phase (sleep, teeth, weaning)	☐	☐	☐	_____
Organise childcare and backup childcare	☐	☐	☐	_____
Pack the nappy bag / kids' bags	☐	☐	☐	_____
Plan birthday parties and presents	☐	☐	☐	_____

HEALTH

Book dentist & doctor visits for the family	☐	☐	☐	_____
Track medicines and refills	☐	☐	☐	_____
Remember your own check-ups	☐	☐	☐	_____
Notice when someone isn't OK	☐	☐	☐	_____
Keep the first-aid kit stocked	☐	☐	☐	_____

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RECEIPT FOR: "Our household" (continued)

	ME	PARTNER	BOTH	MIN/ WEEK
HOME				
Write the shopping list	☐	☐	☐	_____
Plan the week's meals	☐	☐	☐	_____
Notice what needs cleaning or fixing	☐	☐	☐	_____
Book repairs & deal with tradespeople	☐	☐	☐	_____
Manage bills, renewals & subscriptions	☐	☐	☐	_____
Laundry: sizes, what can't be tumbled	☐	☐	☐	_____
Seasonal clothes swap	☐	☐	☐	_____
Plan holidays and do the packing	☐	☐	☐	_____
NURSERY / SCHOOL				
Read the group chat and reply	☐	☐	☐	_____
Remember dress-up, pyjama & photo days	☐	☐	☐	_____
Forms, payments & permission slips	☐	☐	☐	_____
Track term dates and closures	☐	☐	☐	_____
Arrange playdates and pick-ups	☐	☐	☐	_____
SOCIAL & FAMILY				
Remember birthdays, send cards & gifts	☐	☐	☐	_____
Keep in touch with grandparents	☐	☐	☐	_____
Plan weekends and family outings	☐	☐	☐	_____
RSVP to invitations	☐	☐	☐	_____
Thank-you messages & returning favours	☐	☐	☐	_____
YOUR OWN				
_____	☐	☐	☐	_____
_____	☐	☐	☐	_____
_____	☐	☐	☐	_____

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YOUR TOTAL

TOTAL INVISIBLE LABOUR PER WEEK

ME	PARTNER	BOTH
minutes / week	minutes / week	minutes / week

Tip: divide by 60 for hours. Most couples are surprised.

TALK ABOUT IT (15 MINUTES, NO PHONES)

1. Which number surprised you most, and why?

2. Which task drains you most, even if it looks small?

3. What would a fair week look like for us?

HAND ONE OVER THIS WEEK

Pick one whole task. The new owner takes **all** of it:

☐

noticing

☐

planning

☐

doing

☐

remembering

Task:

New owner: _____ Check-in date: _____

Credited to:

BOTH OF US

