

Who do you want to do it?

	1	2	3	4	5	6	7
Task	How often should it be done?	Who does it now?	You want to do it yourself	You want to share it with him	You want him to do it, <i>your way</i>	You want him to do it, <i>his way</i>	His response

CLEANING**cleaning up after meals**

clearing the table							
washing some items by hand							
loading the dishwasher							
wiping the kitchen counters and sinks, taps							
unloading the dishwasher and putting things away							

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sweeping/ mopping the floor							
cleaning the living room							
neatening up the living room							
vacuuming the living room							
cleaning the bedrooms							
neatening up the bedrooms							
making the beds							
vacuuming the bedrooms							
changing the bedsheets							
cleaning the bathrooms: toilets, sinks, tubs							
scrubbing the toilets and the toilet bowl							
cleaning the sinks							
cleaning the tubs/showers							
cleaning the mirrors							
sweeping/ mopping the floors							
trash/garbage							
collecting the trash from all over the house							
taking the trash to the curb							
organizing the recycling and taking it to curb							

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deep cleaning

dusting/wiping surfaces, ornaments, shelves							
organizing and cleaning cupboards							
cleaning the fridge							
cleaning the oven							
deep-cleaning the bathroom							
cleaning mirrored and glass doors							
cleaning windows							

**LAUNDRY
washing**

sorting the dirty clothes							
putting various loads into the washer							
washing delicates by hand							

drying

sorting the washed clothes							
using the dryer for various loads							
hanging some clothes on hangers							
laying some clothes flat to dry							

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ironing							
splitting up the washables							
the his and hers method (see chapter 13)							
the three hamper method (see chapter 17)							
MEALS							
planning meals							
reading cookbooks and other recipes							
watching cooking shows							
shopping for meals, food staples, and other supermarket staples							
putting groceries away							
making breakfast for the kids							
making lunch for the kids							
making dinner							
ingredient prep: washing, chopping, etc.							
cooking (frying, baking, assembly)							
serving							

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MANAGING/SCHEDULING

sorting the mail							
managing/paying bills online or by mail							
scheduling social engagements with friends							
scheduling medical appointments							
making reservations at restaurants							
making long-term financial decisions, such as							
- investments							
- how and when to pay off debt							
- major purchases							
doing the taxes							
planning travel, day trips and longer							
planning vacations							
interfacing with his family (we assume you want to do your own)							

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CHILD REARING

waking the children up in the morning							
making school lunches							
doing homework with the children							
getting the children to and from school							
getting the children to and from extracurricular activities							
vigilant, preventive monitoring of the children							
getting the children into bed at night							
entertaining the children							
having fun with the children							
conversing with the children							
going on outings with the children							
listening to the children							
teaching the children							
disciplining the children							

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formulating rules and boundaries							
organizing the children's medical appointments							
organizing the children's play dates							
scheduling the babysitter when you go out as a couple							
shopping for children's clothes and supplies							

YARD WORK

cutting the grass and other lawn care							
tree care							
snow shoveling							
gardening							
planting							
weeding							
pruning and clipping							
other gardening							

MAINTENANCE AND REPAIRS

your vehicle							
his vehicle							
house exterior							
house interior							
HVAC/appliances							
plumbing							

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utilities (cable, phones, etc)							

SHOPPING OTHER THAN FOOD

liquor							
pharmacy stuff							
hardware and related stuff							
office supplies							
clothing							
home furnishings							
electronics/entertainment							
games							
computers							

PETS

feeding							
grooming							
cleaning/maintenance							
cats: changing litter, sweeping around litter tray							
dogs: walking							
scheduling vet appointments							
taking the animal to the vet							