

FAIR SHARE CHECKLIST



KIDS / PETS

- ☐ Morning routines (getting ready, lunches, school drop-off)
- ☐ After-school or extracurricular logistics
- ☐ Bedtime routines
- ☐ Homework help / supervision
- ☐ Scheduling medical or dental appointments
- ☐ Communication with teachers or coaches
- ☐ Pet feeding and walking
- ☐ Vet appointments and grooming
- ☐ Managing pet supplies (food, litter, toys)
- ☐ Emotional/behavioral care (discipline, rewards, comfort)

CLEANING

- ☐ Daily tidying / decluttering
- ☐ Vacuuming / sweeping / mopping
- ☐ Bathrooms (toilets, showers, mirrors)
- ☐ Kitchen cleanup / dishes
- ☐ Laundry (washing, folding, putting away)

- ☐ Changing bedding and towels
- ☐ Organizing closets or storage spaces
- ☐ Cleaning appliances (oven, fridge, washer)
- ☐ Deep cleaning / seasonal cleaning
- ☐ Hiring or coordinating cleaning help

COOKING & FOOD PREP

- ☐ Meal planning
- ☐ Grocery shopping
- ☐ Cooking daily meals
- ☐ Preparing lunches
- ☐ Managing leftovers / food waste
- ☐ Stocking pantry / fridge
- ☐ Special diets or allergies
- ☐ Hosting / meal prep for guests

PLANNING VACATIONS & WEEKENDS

- ☐ Researching destinations or activities
- ☐ Booking accommodations / tickets
- ☐ Managing travel logistics
- ☐ Budgeting for trips
- ☐ Packing / unpacking
- ☐ Pet or house sitter arrangements
- ☐ Family weekend planning / outings
- ☐ Coordinating with friends or extended family

FAIR SHARE CHECKLIST



FINANCIAL MANAGEMENT

- ☐ Paying bills
- ☐ Budgeting and tracking expenses
- ☐ Managing joint accounts
- ☐ Taxes / receipts
- ☐ Savings and investments
- ☐ Insurance management
- ☐ Subscriptions and renewals
- ☐ Emergency fund / financial planning

ADMINISTRATIVE MANAGEMENT

- ☐ Paperwork and filing
- ☐ Managing emails / mail
- ☐ Renewing licenses and registrations
- ☐ School or childcare forms
- ☐ Tracking warranties and manuals
- ☐ Passwords and account management
- ☐ Setting household goals or priorities
- ☐ Coordinating with external professionals (lawyers, accountants, etc.)

SHOPPING

- ☐ Groceries and household items
- ☐ Kids' clothes / shoes / supplies
- ☐ Pet supplies
- ☐ Toiletries and cleaning products
- ☐ Gifts and seasonal décor
- ☐ Online orders and returns

APPOINTMENTS

- ☐ Booking and managing medical / dental
- ☐ Car appointments
- ☐ Kids' and pet appointments
- ☐ Household service calls (plumber, electrician)
- ☐ Calendar management
- ☐ Following up on cancellations or rescheduling

EXTENDED FAMILY

- ☐ Remembering birthdays / holidays
- ☐ Buying and sending gifts or cards
- ☐ Managing family communications
- ☐ Visiting relatives / hosting family
- ☐ Emotional labour (navigating conflicts, keeping peace)
- ☐ Supporting elderly relatives or parents

FAIR SHARE CHECKLIST



OUTDOOR MAINTENANCE

- ☐ Lawn mowing / garden care
- ☐ Snow removal
- ☐ Taking out garbage / recycling
- ☐ Cleaning outdoor furniture / patio
- ☐ Vehicle maintenance / car wash
- ☐ Repairs (deck, fence, shed)
- ☐ Seasonal prep (hoses, patio, gutters)
- ☐ Managing contractors / landscaping

FINANCIAL MANAGEMENT

- ☐ Paying bills on time
- ☐ Budgeting and tracking
- ☐ Managing joint and personal accounts
- ☐ Reviewing bank statements
- ☐ Filing and organizing tax documents
- ☐ Researching or comparing insurance
- ☐ coverage
- ☐ Managing savings, RRSPs, or
- ☐ investments
- ☐ Planning for major purchases or
- ☐ renovations
- ☐ Setting financial goals together
- ☐ Meeting with accountants, advisors,
- ☐ or financial planners



EVEREST THERAPEUTICS