

PLANNING / WORKSHEET

Couples Household Responsibilities Worksheet

Make visible the noticing, planning and doing behind household work, then agree on ownership and a fairer trial arrangement.

5 pages | 30 minutes, then a two-week trial

A good way to use this

1. Map the current work before deciding who should do it.
2. Define what finishing a task includes, then agree on an owner and backup.
3. Try a few changes for two weeks and compare capacity and downtime, not only task counts.

Inside your resource

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Print at Actual Size on US Letter, or Fit on A4. These are printable pages, not fillable forms. Write on paper or use your PDF reader's annotation tools. On a phone, the resource webpage offers a readable text version.

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01 / Couples Household Responsibilities Worksheet

Map the visible and invisible work

Write A, B, shared or someone else where it fits. Include paid help if you use it. A shared task still needs a clear way to notice and coordinate it.

Area of work	Notices / plans	Does / follows up
Meals and groceries		
Dishes and kitchen reset		
Laundry and supplies		
Cleaning and maintenance		
Bills and paperwork		
Appointments and scheduling		
Children, pets or other care		
Family / social arrangements		
Seasonal or occasional jobs		

Add work that is missing from this list. The point is an accurate picture, not proving that one person has the longest column.

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02 / Couples Household Responsibilities Worksheet

Compare capacity, not just counts

Some tasks take little time but require constant attention. Some weeks bring less capacity. Describe the actual effect of the current arrangement on each person.

EXAMPLE "Booking appointments takes only a few minutes each time, but keeping track of all the dates stays in my head. I would like that responsibility to move, not only the phone call."

01 The tasks or planning that most drain my time or attention are...

Partner A

Partner B

02 Paid work, health or care demands that affect my capacity right now:

Partner A

Partner B

03 What enough uninterrupted rest or personal time would look like to me:

Partner A

Partner B

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03 / Couples Household Responsibilities Worksheet

Define ownership before transferring it

Choose three tasks to clarify or redistribute. An owner can arrange agreed help, but should not need the other partner to silently supervise the entire task.

Task / owner	What done includes	Frequency / backup
Task 1		
Task 2		
Task 3		
A planning job to transfer		

Example: Grocery ownership includes checking what is needed, making the list, shopping or arranging delivery, and putting food away. Agree on spending and preferences first.

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04 / Couples Household Responsibilities Worksheet

Review the two-week trial

Ask whether each person has more workable capacity and whether the task definitions were realistic. Do not wait until the trial fails to mention a problem.

EXAMPLE "The grocery transfer helped, but the list still lived in my head. We will keep a shared list and the owner will check it before shopping."

01 What became easier, and whose attention did the change free up?

Our notes / the named person's response

02 Where were expectations or standards unclear?

Our notes / the named person's response

03 What will we keep or adjust, and when will we check in again?

Our notes / the named person's response

Keep a little time for each other.

Make room for how you are doing as well as what needs doing. The Connected Couples App offers a shared daily question and mood check-ins.