

Weekly Family Checklist

Here is your checklist for the weeks thereafter. Refer to it regularly and it will become a very efficient and effective exercise.

How is The Baby Doing?

How're they doing? Eating/sleeping well? Any doctor appointments? Cute things the baby did?

How is Mom Doing?

This should be a standard question for the first months; you can tell her if anything is up with you, too.

Bills/Money Management

How are we handling bills/savings/investments? What's due this week?

Chores

Who is doing what & when?

Grievances and Thank You

An opportunity to tactfully voice any complaint. Nip problems in the bud so they don't fester. Add a thank you to make it positive.

How Can I Make Your Life Easier?

For both of you to ask. Make it the theme of your partnership.

Time Off

When do mom and dad get a break this week?

One Fun Thing

Plan something fun to do for a date night, or whatever you can manage. For ideas, pull out your list of things you liked to do before junior arrived.

Add Your Own Issue

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Schedule for week _____

Any commitments/expected late nights at work/etc. this week?

SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

Weekly Menu

Plan seven dinner ideas for the week.

SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	