

Housework Equality Scale



How equal are you and your partner in time spent on housework? Talk with your partner about the time per week (or month or year) you each spend on each activity. Add more items as you think of them; ignore those that don't apply. In the Who column, put an "=" sign by those items that you feel are equally shared, or the **initials** of the person who does more of the activity by those items that aren't equal. It's okay if one of you does 100% of a given task! Then, put an **X** on the scale to show your current *overall* housework balance. Use the Who column to talk about how you might move toward a more equal picture.

Parent A

Parent B



Who	Activity/Issue	Who	Activity/Issue
	Attending to family obligations (outside nuclear family)		Lawn mowing
	Bathroom cleaning		Maintaining appliances/bicycles
	Bill paying		Making decisions about the purchase of household objects
	Buying family presents (holidays/birthdays)		Meal planning
	Car maintenance		Organizing closets/basement/storage
	Car washing		Organizing the house (general)
	Caring for ill/frail relatives		Patio/deck care
	Clothes buying (non-child)		Post office visits
	Cooking		Purging – donating/discarding items
	Dishwashing		Raking/bagging leaves
	Dusting		Shopping for household objects – furniture/décor items/appliances
	Entertaining (planning, preparation, hosting, cleanup)		Shopping for household supplies
	Financial tracking/planning		Snow shoveling
	Fix-it/home improvement projects		Taking care of dry cleaning
	Gardening (planting/weeding/buying plants/pruning/watering)		Taking out the trash/recycling
	Getting gas for the car		Tax preparation
	Grocery shopping		Vacuuming
	Holiday decorating/planning/cooking		Window washing
	Home maintenance (chimney, gutters, etc.) – arranging or doing		Writing invitations/holiday cards
	Ironing		Writing thank-you notes
	Laundry		