

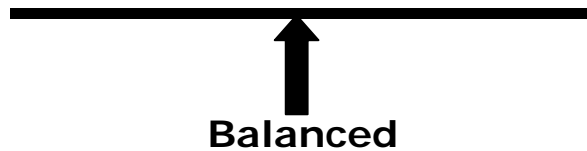
# Housework Equality Scale



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
	Laundry		Car washing
	Ironing		Paying bills
	Cooking and meal planning		Tracking finances/financial planning
	Grocery shopping		Filing taxes
	Dusting		Taking care of ill/frail relatives
	Vacuuming		Leaf raking/bagging
	Washing windows		Lawn mowing/ Snow shoveling
	Cleaning bathrooms		Buying clothes for the two of you
	Painting		Fix-it projects
	Gardening – planting/weeding/buying plants/pruning/plant and lawn care		Arranging for/doing home maintenance – chimney/gutters, etc.
	Building/home improvement projects		Taking care of dry cleaning
	Car maintenance		Post office visits
	Holiday decorating/planning/cooking		Shopping for household supplies
	Making decisions about the purchase of household objects		Shopping for household objects – furniture/décor items/appliances
	Organizing the house (general)		Appliance/bike maintenance/bike
	Purging – donating/discarding items		Writing thank you notes
	Taking out the trash		Writing invitations/holiday cards
	Recycling		Getting gas for the car
	Organizing closets/basement/storage		Dishwashing
	Attending to family obligations (outside nuclear family)		Buying family presents – holidays/birthdays