

This week’s help

Agree on jobs with each helper. Write names only after they say yes. Keep this plan up to date.

Parent’s name

Week of

Day	Help needed / time	Agreed helper / backup
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Still needs a helper / who I will ask

Example: Tuesday, 10 a.m., clinic ride — Ana said yes; Ben is the backup. Use another copy if a day needs more room.