

Appendix B: Worksheets

Print these, or download the free fillable versions at divorceddadsnow.com/worksheets. Bring the finished ones to your lawyer. Organized clients pay for fewer hours.

#	Worksheet	Use it in
1	Parenting Log	Chapters 1, 4, 5
2	Lawyer Scorecard	Chapter 2
3	Monthly Budget	Chapters 1, 3
4	Financial Inventory	Chapter 3
5	Incident Journal	Chapter 5
6	Parenting Plan Builder	Chapter 6
7	Holiday Schedule	Chapter 6
8	Mediation Prep	Chapter 8
9	Court Day Checklist	Chapter 8
10	Decree Summary	Chapter 9

Worksheet 1: Parenting Log

One row per day. Two or three minutes. Facts only.

Date	Kids with me? Hours	What we did	School or medical	Exchange: time, place, on time?	Notes
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Before you start the daily log, fill in the last 12 months: school pickups and drop offs, doctor and dentist visits, practices and games you coached or attended, bedtimes and mornings you handled, school events, and teacher meetings.

Worksheet 2: Lawyer Scorecard

Score each line from 1 to 5 right after each consultation.

What you're scoring	Lawyer A	Lawyer B	Lawyer C
Name and firm			
Hourly rate and retainer			
Family law focus and experience			
Knows my county's judges			
Straight answers, including the hard ones			
Asked about my kids and my role as a dad			
Clear on cost and billing			
Responsive before I paid			
I'd trust them in a bad week			
Total			

Worksheet 3: Monthly Budget

Expense	Now, one household	After, my household
Rent or mortgage		
Utilities: power, water, gas, internet		

Expense	Now, one household	After, my household
Phones		
Groceries and household supplies		
Car payments		
Gas and car upkeep		
Insurance: health, car, home, life		
Kids: childcare		
Kids: school costs and lunches		
Kids: activities and sports		
Kids: clothes		
Uninsured medical and dental		
Debt payments: credit cards, loans		
Child or spousal support		
Lawyer and court costs		
Subscriptions and memberships		
Everything else		
Total monthly expenses		
Monthly take home pay		
Left over or short		

Worksheet 4: Financial Inventory

Account, asset, or debt	Institution	Whose name	Balance or value	Date checked	Marital or separate?	Proof
Checking						
Savings						

Account, asset, or debt	Institution	Whose name	Balance or value	Date checked	Marital or separate?	Proof
Retirement: 401(k), IRA, pension						
Investment s						
House: value						
House: mortgage owed						
Vehicles						
Vehicle loans						
Credit cards						
Other loans						
Business interests						
Other valuables						

Worksheet 5: Incident Journal

Only for things that actually happen. Write it the same day. No opinions, no adjectives.

Field	Entry
Date and time	
Where	
Who was there, including the kids	
What happened, step by step	

Field	Entry
Exact words said, if any	
Witnesses	
Evidence saved: screenshots, photos, receipts	
What I did in response	

Worksheet 6: Parenting Plan Builder

Section	What I want	What I'd accept
Regular schedule, days and times		
Exchange location and times		
Grace period for late exchanges		
Holidays (see Worksheet 7)		
Spring and winter break		
Summer weeks and selection deadline		
School decisions		
Medical decisions		
Tie breaker for disagreements		
Phone and video calls with the kids		
Travel notice, in state and out of state		
International travel and passports		
Moving notice and any distance limit		
Right of first refusal, hours threshold		
Activity costs split		

Section	What I want	What I'd accept
Uninsured medical split and deadline		
How we talk: app, response time		
New partners		
Disputes: mediation first?		

Worksheet 7: Holiday Schedule

Holiday	Start and end time	Even years	Odd years
New Year's Eve and Day			
Easter or spring holiday			
Mother's Day		Mom	Mom
Father's Day		Dad	Dad
Memorial Day			
July 4			
Labor Day			
Halloween			
Thanksgiving			
Christmas Eve			
Christmas Day			
Kids' birthdays			
Dad's birthday		Dad	Dad
Mom's birthday		Mom	Mom
Religious or cultural holidays			

Worksheet 8: Mediation Prep

My must haves. The two or three things I won't trade.

My trades. What I'd give up to get a must have.

I'd give up

To get

My numbers.

Item

Amount

My monthly take home pay

Her monthly take home pay, best estimate

Estimated child support

House value minus mortgage

Retirement accounts, total

Debts, total

Cost so far in legal fees

Estimated cost to go to trial

My walk away point. The worst deal I'd still take instead of going to trial:

Worksheet 9: Court Day Checklist

- ☐ Interview clothes laid out the night before
- ☐ Directions, parking, and courtroom number checked
- ☐ Leaving early enough to arrive 30 minutes ahead
- ☐ Only the documents my lawyer told me to bring
- ☐ Phone off or in the car
- ☐ Ate breakfast

- ☐ Reviewed: listen, pause, answer only the question, then stop
- ☐ Reviewed: no reactions to anything she or her witnesses say
- ☐ Talk about my kids by name and what I do for them
- ☐ Nothing posted about today, before or after

Worksheet 10: Decree Summary

Item	Details
Regular schedule	
Exchange times and places	
This year's holidays	
Summer selection deadline	
Travel notice rules	
Moving notice and limits	
Right of first refusal	
Child support amount and due date	
How support is paid	
Health insurance: who covers the kids	
Uninsured medical split and deadline	
Activity cost split	
Spousal support, if any, and end date	
Dispute process before court	
Lawyer's name and phone	

WORKSHEET 1: PARENTING LOG

Digital response page. Print or type into the fields below.

Date / hours

Activities / school / medical

Exchange details

Factual notes

WORKSHEET 2: LAWYER SCORECARD

Digital response page. Print or type into the fields below.

Lawyer and firm

Rate / retainer

Family law experience

Strengths / concerns

Overall score

WORKSHEET 3: MONTHLY BUDGET

Digital response page. Print or type into the fields below.

Housing / utilities

Transportation / insurance

Children expenses

Debts / legal costs

Monthly total

WORKSHEET 4: FINANCIAL INVENTORY

Digital response page. Print or type into the fields below.

Account / asset / debt

Institution / ownership

Value / balance

Evidence / date

WORKSHEET 5: INCIDENT JOURNAL

Digital response page. Print or type into the fields below.

Date and time

What happened (facts only)

Exact words / witnesses

Evidence saved

My response

WORKSHEET 6: PARENTING PLAN BUILDER

Digital response page. Print or type into the fields below.

Regular schedule

Exchanges / transportation

Medical / school decisions

Holidays / summer

Communication / disputes

WORKSHEET 7: HOLIDAY SCHEDULE

Digital response page. Print or type into the fields below.

Holiday and year

Start / end

With whom

Notes

WORKSHEET 8: MEDIATION PREP

Digital response page. Print or type into the fields below.

Must-haves

Tradeoffs

Financial numbers

Proposed resolution

WORKSHEET 9: COURT DAY CHECKLIST

Digital response page. Print or type into the fields below.

Documents ready

Key facts / dates

Questions for lawyer

Court day notes

WORKSHEET 10: DECREE SUMMARY

Digital response page. Print or type into the fields below.

Parenting schedule / exchanges

Holiday and travel rules

Support / medical / expenses

Dispute process / contacts