# The Sports-Season Tradeoff Sheet

*A yes needs time, resources, and an owner.*

A family priority must change the commitments accepted and the workload assigned.

Example: a family declines an extra tournament after listing travel, a sibling's school event, and Monday duties; they keep the already-agreed competition schedule and explain the choice plainly.

## 01 Describe the commitment

Include preparation and travel.

Event or added activity

Preparation and travel time

Estimated household cost

Existing duties on those dates

## 02 Protect the duties

Name what the family intends to keep.

Responsibility at risk

Church or family commitment

School or work requirement

Sibling's duty to preserve

# The Sports-Season Tradeoff Sheet / Review & follow-through

## 03 Assign and decide

Choose the commitment honestly.

Adult workload agreement

Yes, adjustment, or decline

Child's suitable task

Activity or duty we will reduce

## 04 Review the week

Compare the plan with reality.

Work actually carried

Unassigned task to repair

Duty missed or strained

Next commitment boundary