



JUST FOR FUN · OFFICIAL-ISH ASSESSMENT

What's Your Adulthood GPA?

Twenty questions. Check every box that's true. Be honest — Dad can tell when you're padding your transcript.

Money (5 credits)

- ☐ I know roughly what I spend each month — within \$100
- ☐ I have an emergency fund with at least \$500 in it
- ☐ I've never paid a credit card late fee (or I've paid it once and never again)
- ☐ I know my credit score, at least ballpark
- ☐ I've canceled at least one subscription I wasn't using

Home & food (5 credits)

- ☐ I can cook 5 real meals without looking anything up
- ☐ My laundry gets washed, dried, AND put away in the same week
- ☐ I own a plunger — and bought it *before* I needed it
- ☐ My sheets get washed at least every two weeks
- ☐ I know where my breaker box and water shut-off are

Career & paperwork (5 credits)

- ☐ My resume is updated and I could send it today
- ☐ I've written a professional email that got what I asked for
- ☐ I know my health insurance deductible (or that I'm still on my parents' plan — knowing counts)
- ☐ I have one folder (physical or digital) with my important documents in it
- ☐ I've filed taxes, or know exactly who/what will help me do it

Functional human (5 credits)

- ☐ I've made a phone call I was dreading — this year
- ☐ I show up on time, or text *before* I'm late (not at the time I was due)
- ☐ I've apologized to someone without saying "but"
- ☐ I have a doctor and dentist whose names I actually know
- ☐ I go to bed before 1 a.m. more nights than not

Your transcript

Boxes checked	GPA	Standing
18–20	4.0	<i>Summa Cum Adult.</i> Are you... somebody's dad? Go touch grass, you've earned it.
14–17	3.0–3.9	<i>Dean's List.</i> Solidly functional with a couple of electives left. Impressive.
10–13	2.0–2.9	<i>Good academic standing.</i> You're passing. The plunger question is haunting you, though.
5–9	1.0–1.9	<i>Freshman orientation.</i> Totally normal. Everyone starts here — pick 2 boxes to earn this month.
0–4	0.0–0.9	<i>Welcome to Dadgree.</i> No judgment — this is literally why the school exists. Come on in.

My score today

____ / 20 · GPA: ____

Retake date (in 3 months — you WILL improve)

The 3 boxes I'm earning next

Fastest GPA boosters (office hours with Dad)

- ☐ Buy a plunger this week — \$10, instant credit, lifetime security
- ☐ Set one bill to autopay — permanent late-fee immunity
- ☐ Start the emergency fund with literally \$25
- ☐ Wash your sheets tonight. Tonight
- ☐ Make the dreaded phone call — dadgree.com has the script

 **Dad's Quick Take:** Nobody starts with a 4.0 — Dad failed the laundry question until his thirties. Adulthood is a GPA you can raise every single semester, and you don't even have to pay tuition. Retake in 3 months.