



The Adulging Workbook

Every Dadgree worksheet, checklist, and template in one place.

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Print the pages you need, fill them in, and keep them where you'll see them. You don't have to do it all at once — just the next right thing.



MONEY

Monthly Budget Worksheet

Give every dollar a job. Fill in Planned, then Actual at month's end.

Category	Planned	Actual	Notes
Income	\$	\$	Paychecks, side work, refunds.
Rent / Housing	\$	\$	Rent, utilities, insurance.
Food	\$	\$	Groceries and dining out.
Transportation	\$	\$	Gas, transit, insurance, parking.
Debt Payments	\$	\$	Credit cards, loans, minimums.
Savings	\$	\$	Emergency fund and future goals.
Wants	\$	\$	Entertainment, hobbies, shopping.
What's Left	\$	\$	Use this number to adjust.

★ **Dad's Quick Take:** 50/30/20 is a guide, not a rule. Boring money is good money.



MONEY

Subscription Audit

Find the quiet little charges and decide what stays.

Service	Monthly Cost	Use It?	Keep / Cancel
Streaming / music	\$	Yes / No	Keep / Cancel
Apps / cloud storage	\$	Yes / No	Keep / Cancel
Gym / fitness	\$	Yes / No	Keep / Cancel
Delivery / memberships	\$	Yes / No	Keep / Cancel
Other	\$	Yes / No	Keep / Cancel
Monthly total	\$		Cancel one today.

★ **Dad's Quick Take:** If you forgot you were paying for it, you probably don't need it.



MONEY

Emergency Fund Tracker

Build the cushion that turns a disaster into an inconvenience.

Goal	Target	Current	Next Deposit
Starter cushion	\$100	\$	\$
Bad-week buffer	\$500	\$	\$
One-month protection	\$1,000+	\$	\$
Longer safety net	3 months of expenses	\$	\$

★ **Dad's Quick Take:** Automate a small transfer the day after payday. Tiny adds up.



JOBS

Resume Bullet Builder

Turn what you've already done into bullets that sound professional.

Experience	Skill It Shows	Resume Bullet
School project	Teamwork, deadlines, presentation	Completed ___ with a team of ___ and delivered ___ by deadline.
Part-time job	Reliability, customer service, cash handling	Served ___ customers per shift while maintaining ___ standards.
Volunteer work	Responsibility, service, communication	Supported ___ by organizing ___ and assisting ___.
Club / sports	Leadership, discipline, follow-through	Led / coordinated ___ for ___ members or teammates.
Personal project	Initiative, problem-solving	Built / created / managed ___ to solve ___.

★ **Dad's Quick Take:** Lead with an action verb and a result. You've done more than you think.



JOBS

Interview Prep Sheet

Walk in ready. Jot a few notes for each before the big day.

Prompt	Your Answer / Notes
Tell me about yourself.	
Why do you want this job?	
A time you solved a problem.	<i>Situation / Task / Action / Result</i>
A time you handled conflict.	<i>Situation / Task / Action / Result</i>
Questions to ask them.	Training, success, culture, challenges.
Follow-up plan.	Send a thank-you within 24 hours.

★ **Dad's Quick Take:** Take the two-second power pause before answering. Calm reads as confident.



HOUSING

Apartment Comparison

Rent is only part of the cost. Compare the real monthly reality.

Cost	Place A	Place B	Place C
Monthly rent	\$	\$	\$
Utilities estimate	\$	\$	\$
Internet	\$	\$	\$
Parking	\$	\$	\$
Renter's insurance	\$	\$	\$
Laundry	\$	\$	\$
Move-in costs	\$	\$	\$
Commute cost / time			
Total monthly reality	\$	\$	\$

★ **Dad's Quick Take:** A cute apartment can still be financially aggressive. Do the whole math.



HOUSING

Lease Checklist

Read these clauses twice — and ask before you sign.

Lease Item	Look For	Ask Before Signing
Late fees	Amount, grace period, when fees start.	What happens if payment is one day late?
Repairs	Who handles what and how requests are submitted.	How fast are urgent repairs handled?
Move-out rules	Notice period, cleaning standards, fees.	What can reduce the security deposit?
Pets	Fees, deposits, breed or size limits.	Are any rules different from the ad?
Subletting	Allowed, forbidden, or approval required.	What happens if I need to move early?

★ **Dad's Quick Take:** If a promise isn't in writing, it doesn't exist. Get it on the lease.



HOUSING

Move-In Inspection

Photograph everything on day one. This is how you get your deposit back.

Area	Check	Photo Taken?
Walls / paint	Scratches, holes, stains.	Yes / No
Floors / carpet	Stains, damage, loose boards.	Yes / No
Appliances	Turn on and test each one.	Yes / No
Plumbing	Leaks, drains, water pressure.	Yes / No
Windows / doors	Locks, screens, weatherstripping.	Yes / No
Lights / outlets	Test switches and outlets.	Yes / No

★ **Dad's Quick Take:** Email the photos to your landlord the same day, with the date.



MOVING

The First 30 Days After a Move

Do the boring setup early and a new place starts to feel like home.

Days	Focus	What To Do
1–3	Gather	Find your lease, insurance cards, ID, banking login, and car paperwork.
4–7	Money	Track spending, list bills, cancel one subscription, set one reminder.
8–10	Work	Update your resume, save a clean copy, draft one follow-up email.
11–14	Home	Clean the basics, stock supplies, list repairs or missing items.
15–18	Health	Save insurance info, choose a doctor or urgent care, review open bills.
19–22	Transportation	Check maintenance, insurance, registration, tires, emergency kit.
23–26	Food	Pick five repeatable meals and shop from a real list.
27–30	Settle	Find a grocery store, pharmacy, and one thing you enjoy nearby.

★ **Dad's Quick Take:** Do the boring setup tasks early. Future-you will be grateful.



CARS

Car Maintenance Schedule

Small checks now beat tow-truck problems later.

Item	How Often To Check	Why It Matters
Tire pressure	Monthly and before long drives.	Low pressure wears tires and hurts mileage.
Oil level / change	Follow your owner's manual.	Oil protects the engine from expensive damage.
Brakes	Whenever you hear noise or feel vibration.	Stopping is not optional.
Battery	At service visits or if starting gets weak.	A dead battery ruins plans fast.
Registration / insurance	Set annual reminders.	Expired paperwork creates avoidable problems.
Emergency kit	Refresh twice a year.	Water, flashlight, charger, reflective item, tools.

★ **Dad's Quick Take:** Listen to your car. New noises are it asking for help.



ADULT ADMIN

Important Documents Tracker

Know where every vital paper lives — before you need it in a panic.

Document	Where It Lives	Backup / Notes
Birth certificate		
Social Security card		
Driver's license or ID		
Passport		
Insurance cards		
W-2s / 1099s		
Tax returns		
Lease / housing documents		
Medical records / prescriptions		
Bank / loan records		

★ **Dad's Quick Take:** Keep originals safe and digital copies encrypted. Don't carry your SSN card.



HOME

The 5-Minute Meal Builder

Pick a base, a protein, a veg, and a finish. Dinner solved.

Meal Base	Add Protein	Add Vegetable	Easy Finish
Rice	Chicken, eggs, beans, tofu	Frozen veg, broccoli, peppers	Soy sauce, salsa, teriyaki.
Pasta	Ground meat, chicken, beans	Spinach, mushrooms, zucchini	Jarred sauce, olive oil, cheese.
Tacos / wraps	Beef, turkey, beans, eggs	Lettuce, peppers, onions	Salsa, avocado, sour cream.
Soup	Chicken, lentils, sausage	Carrots, celery, greens	Bread, crackers, rice.

★ **Dad's Quick Take:** Master a handful of these and you'll spend less and eat better than takeout.



HOME

Weekly Cleaning Schedule

A little every day beats a miserable four-hour blitz.

Day	Small Job	Why It Helps
Daily	Dishes, trash check, quick surface wipe.	Prevents pileups.
Laundry day	Wash, dry, fold, put away.	Laundry isn't done until it's put away.
Bathroom day	Sink, toilet, shower, mirror.	Keeps gross from becoming permanent.
Floor day	Sweep, vacuum, mop as needed.	Makes the whole place feel better.
Reset day	Grocery list, mail, clutter, calendar.	Starts the week with less chaos.

★ **Dad's Quick Take:** A made bed and clear counters make the whole place feel handled.



HOME

Home Repair: Try It or Call It

What to handle yourself, and when to call for help.

Problem	Try Yourself	Call For Help When
Clogged toilet	Use a plunger properly.	It overflows, repeats, or won't clear.
Slow drain	Remove visible debris; use safe methods.	Water backs up or multiple drains are affected.
Tripped breaker	Reset once and reduce the load.	It trips again or smells hot.
Loose handle / screw	Tighten with basic tools.	Hardware is stripped or broken.
Active leak	Turn off the water if you can.	Immediately — water damage gets expensive fast.
Electrical issue	Check the bulb or breaker only.	Anything beyond the obvious basics.

★ **Dad's Quick Take:** Find your main water shut-off valve NOW, before you ever need it.



LIFE SKILLS

Grown-Up Email Templates

Steal these instead of staring at a blank screen.

Situation	Simple Template
Interview thank-you	Thank you for your time today. I enjoyed learning about the role and appreciate the opportunity to interview.
Landlord repair request	I'm reporting a repair issue with _____. Please let me know the next step and expected timing.
Doctor appointment request	I'd like to schedule an appointment for _____. Please let me know available times and any paperwork needed.
Billing question	I'm reviewing this bill and need clarification on _____. Please explain the charge and any options for correction.
Job follow-up	I wanted to follow up on my application for _____. I remain interested and would appreciate any update on next steps.

★ **Dad's Quick Take:** Clear and brief beats long and formal. Always proofread before you send.



LIFE SKILLS

The Hard Conversation Script

Five lines that keep a tough talk calm and productive.

Step	Say It Like This
Name the issue	I want to talk about ____.
State the impact	When ____ happens, it creates ____.
Ask for what you need	What I need going forward is ____.
Invite a response	How does that sound from your side?
Confirm the next step	So we agree that ____ will happen by ____.

★ **Dad's Quick Take:** Use "I" statements, not "you" accusations. Solve the problem, not win.



LIFE SKILLS

Phone Call Scripts

For the calls that make your palms sweat.

Situation	Simple Script
Calling about a bill	Hi, I'm calling about a bill I received. I'd like to understand the charges and confirm whether insurance or payment has been applied correctly.
Requesting a repair	Hi, I'm reporting a repair issue at my unit. The problem is ____, it started ____, and I have photos. What's the next step?
Following up after applying	Hi, I'm following up on my application for ____. I'm still interested and wanted to ask about next steps.
Rescheduling an appointment	Hi, I need to reschedule my appointment on ____. What other times are available?
Handling a mistake	You're right, I missed that. I'm correcting it now, and here's what I'll do next.

★ **Dad's Quick Take:** The person answering has taken this exact call a thousand times. Just start.



TOOLKIT

24-Hour Quick Wins

Feeling behind? Pick one and do it today.

Choose One	Do This Within 24 Hours
Money	Write down what comes in, what goes out, and what's left.
Work	Update one resume bullet so it sounds clear and useful.
Housing	Find your lease and read one section you usually ignore.
Car	Check tire pressure or schedule overdue maintenance.
Health	Find your insurance card and save the member number.
Documents	Put your important papers in one real place.
Home	Clean one surface, drawer, or pile that's been judging you.

★ **Dad's Quick Take:** You're not behind. You're learning. Do the next right thing.



TOOLKIT

The Adulting Master Checklist

The one-page scan of whether the basics are handled. Check each as it's true.

Area	Must-Have Habit	Done
Money	Know what comes in, what goes out, and what's left.	<input type="checkbox"/>
Bills	Set due-date reminders or autopay for essentials.	<input type="checkbox"/>
Savings	Build at least a starter emergency fund.	<input type="checkbox"/>
Work	Keep a current resume and professional email templates.	<input type="checkbox"/>
Housing	Read leases and document move-in condition.	<input type="checkbox"/>
Transportation	Maintain the car or transit plan before it breaks.	<input type="checkbox"/>
Health	Know your plan, doctors, pharmacy, and key terms.	<input type="checkbox"/>
Documents	Keep IDs, tax forms, insurance, and lease in one place.	<input type="checkbox"/>
Food	Have a grocery list and three easy meals you can cook.	<input type="checkbox"/>
Cleaning	Do small chores before they become recovery projects.	<input type="checkbox"/>
Communication	Respond clearly, politely, and on time.	<input type="checkbox"/>

★ **Dad's Quick Take:** You don't need all of these today. You need to keep handling the next one.



TOOLKIT

Roommate Agreement Starter

Settle this in writing before move-in. It saves the friendship.

Topic	Our Agreement
Rent split	
Utilities split	
Internet	
Cleaning schedule	
Guests / overnight	
Quiet hours	
Shared vs. personal food	
Move-out plan / notice	
Signatures & date	

★ **Dad's Quick Take:** Write it down while everyone's still being nice. Good fences, good friends.



TOOLKIT

The Monthly Reset Page

Ten quiet minutes a month keeps small things from becoming big ones.

Question	Your Answer
What bill or deadline is coming up?	
What appointment needs to be made?	
What needs to be cleaned, fixed, or replaced?	
What subscription or expense should I review?	
What's one thing I can do this week to make life easier?	

★ **Dad's Quick Take:** Confidence is built quietly and repeatedly — one useful decision at a time.