

Module 5 of 9 · 0/3 lessons done · Quiz: not taken · 0%

[← Family course](#)

QUIZ NOT STARTED · pass mark 80%

Family Module 5 · Home Routines · about 35 minutes · 3 lessons + 10-question quiz

Hero Routines: Home and Money

The house runs itself (mostly). Step-by-step setup for: From meal plan to grocery cart;
Bills and subscriptions, watched; The house runs itself (mostly)

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Exercises work with Grok Bot or any AI assistant. Use non-sensitive information only.
App connections marked "varies" depend on your school, team or provider and are confirmed during setup.

Lessons

Lesson 1 · From meal plan to grocery cart (~9 min)

Lesson 2 · Bills and subscriptions, watched (~9 min)

Lesson 3 · The house runs itself (mostly) (~9 min)

Module quiz (10 questions, ~8 min)

Send feedback

Lesson 1 · ~9 min

From meal plan to grocery cart

You will be able to

- Go from a short dinner list to a filled grocery cart
- Stay in control of checkout

Apps involved: Mealime · Instacart · Kroger. Here's what this routine does and how to turn it on. You approve anything that sends, books or buys.

Works with: Mealime, Instacart, Kroger: varies. You always check out yourself.

Step by step

1. Pick 4 or 5 dinners for the week (from your favorites or a meal app).

2. Ask the assistant to merge ingredients into one list and remove things you already have.
3. Ask it to fill the cart at your usual store, or give you the list if your store isn't supported.
4. Review the cart, swap items, then check out yourself.

Example

Sunday: pick five dinners from a short list. By Monday night the cart is filled at your store, with sale items flagged. You review and check out.

Checklist

- ☐ The sources this routine needs are connected or emailing me
- ☐ I know when and how it reports to me
- ☐ I know which steps wait for my OK

Key points

- Start from the sources: calendar, email, app notifications.
- Pick a reporting time you'll actually check.

- Anything that sends, books or buys waits for your yes.

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Mark complete & next: Lesson 2 →

Lesson 2 · ~9 min

Bills and subscriptions, watched

You will be able to

- Catch unusual bills and price increases
- Get one weekly money note instead of scattered alerts

Apps involved: Bank alerts · Rocket Money · Utilities. Here's what this routine does and how to turn it on. You approve anything that sends, books or buys.

Works with: Bank and utility alert emails: usually work. Direct bank connections and Rocket Money: varies. Read-only by design.

Step by step

1. Turn on email alerts from your bank, card and utilities.

2. Label them 'Bills'.
3. Ask for a Friday summary that flags anything higher than usual or new.
4. Decide what to do; the assistant can draft a cancel request but never cancels on its own.

Example

The water bill doubled, a streaming plan quietly went up \$3, and the swim club charge cleared. One Friday note covers all three.

Checklist

- ☐ The sources this routine needs are connected or emailing me
- ☐ I know when and how it reports to me
- ☐ I know which steps wait for my OK

Key points

- Start from the sources: calendar, email, app notifications.
- Pick a reporting time you'll actually check.
- Anything that sends, books or buys waits for your yes.

Lesson 3 • ~9 min

The house runs itself (mostly)

You will be able to

- Stop missing trash day and running out of essentials
- Make allowance a 1-minute approval

Apps involved: WM · Chewy · BusyKid. Here's what this routine does and how to turn it on. You approve anything that sends, books or buys.

Works with: WM and other haulers, Chewy, BusyKid: varies.

Step by step

1. Add your trash and recycling days to the Family calendar and ask for holiday-change alerts from your hauler's emails or website.
2. Ask for a heads-up when regular deliveries (pet food, filters) are getting low, based on order emails.

3. Put kids' chores on a simple checklist.
4. Approve allowance on Friday in whatever app you use.

Example

Holiday trash pickup moved to Saturday, the dog food arrives before the bag runs out, and Friday allowance is ready to approve.

Checklist

- ☐ The sources this routine needs are connected or emailing me
- ☐ I know when and how it reports to me
- ☐ I know which steps wait for my OK

Key points

- Start from the sources: calendar, email, app notifications.
- Pick a reporting time you'll actually check.
- Anything that sends, books or buys waits for your yes.

Hero Routines quiz

10 questions, about 8 minutes. Pass mark 80%. Your best score is saved in this browser.

1. How does the meal-to-cart routine start?

- ☐ Your store sends a box
- ☐ The kids decide
- ☐ The assistant picks every meal
- ☐ You choose 4 or 5 dinners for the week

2. What does the assistant do with the ingredients?

- ☐ Nothing

- ☐ Merges them into one list, removes what you have, and fills the cart or gives you the list
- ☐ Emails them to a chef
- ☐ Buys them immediately

3. If your grocery store isn't supported, what happens?

- ☐ The routine fails
- ☐ The assistant gives you the list instead (store support varies)
- ☐ It switches stores without asking
- ☐ It orders from Amazon

4. Who checks out the grocery cart?

- ☐ The assistant
- ☐ Your bank
- ☐ You
- ☐ The store

5. What does the bill-watch routine flag?

- ☐ Every transaction
- ☐ Bills higher than usual and new or increased charges
- ☐ Nothing; it pays bills
- ☐ Only paychecks

6. How does bill-watch usually get its information?

- ☐ Calling the utility
- ☐ A spreadsheet you type daily
- ☐ Your bank password in chat
- ☐ Bank, card and utility alert emails

7. A streaming plan went up \$3. Can the assistant cancel it?

- ☐ No, it can't even mention it
- ☐ Yes, on its own
- ☐ It must cancel by law

☐ It can draft a cancel request, but never cancels on its own

8. How often is the money summary sent in the example?

☐ Hourly

☐ Weekly, on Friday

☐ Only when you're overdrawn

☐ Yearly

9. How does the trash routine handle holiday pickup changes?

☐ It calls the city

☐ It ignores holidays

- ☐ It alerts you based on your hauler's emails or website (varies)
- ☐ It drives the trash out

10. What's the parent's role in allowance?

- ☐ Doing the chores
- ☐ None; it pays automatically
- ☐ A quick Friday approval in the app you use
- ☐ Setting up a bank account for the assistant

Check answers

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