

COMMUNICATION / WORKSHEET

Weekly Relationship Check-In Worksheet

A repeatable check-in for sharing an appreciation, naming one concern, and choosing a realistic plan for the coming week.

5 pages | 15 minutes each week

A good way to use this

1. Choose a time when neither person is rushing or falling asleep.
2. Answer the first page separately; take turns sharing without correcting.
3. Finish with one agreement, a name beside each action, and the next check-in date.

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Use together only when both people freely want to participate. You can pass or stop. These are original educational exercises, not a clinical assessment or a substitute for individualized care.

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01 / Weekly Relationship Check-In Worksheet

Arrive before you solve

Begin with a quick sense of how each person is doing. You do not have to fix the mood your partner arrives with. Ask whether they have enough capacity for the full check-in today.

EXAMPLE "I appreciated that you checked whether I wanted company after my appointment. I am low on energy tonight, but I have ten minutes."

01 This week has felt... and one reason is...

Partner A

Partner B

02 Something you did that I appreciated was...

Partner A

Partner B

03 Today I have capacity for a full check-in, a shorter one, or a reschedule at...

Partner A

Partner B

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02 / Weekly Relationship Check-In Worksheet

One concern, two perspectives

Choose one concern that matters this week. Write about its effect rather than the other person's motive. Each person gets uninterrupted time before you decide what to do.

EXAMPLE "I felt disconnected when our only conversations were about errands. Could we protect one evening with no planning talk?"

01 One moment or pattern I want us to understand is...

Partner A

Partner B

02 What I heard my partner say matters to them is...

Partner A

Partner B

03 A question I still need to ask, rather than assume the answer to, is...

Partner A

Partner B

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03 / Weekly Relationship Check-In Worksheet

Make next week easier

List the actual week: deadlines, appointments, social plans, care responsibilities and downtime. Agree on support rather than volunteering your partner without asking.

EXAMPLE "Tuesday is late for both of us. We will keep dinner simple and save our walk for Wednesday. If it rains, we will have tea together at home."

01 The busiest moments next week, and what support each person can realistically offer:

Our notes / the named person's response

02 One time we will protect for us, including a simple backup:

Our notes / the named person's response

03 Our one shared agreement, each person's action, and when we will revisit it:

Our notes / the named person's response

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04 / Weekly Relationship Check-In Worksheet

A four-week follow-through log

Keep this page with your check-ins. Record what happened without assigning points. If an agreement keeps slipping, make it smaller or discuss what is getting in the way.

Week / date	Our one agreement	What helped / what to adjust
Week 1		
Week 2		
Week 3		
Week 4		

Before the next check-in, each person names one effort they noticed. Appreciation can be specific even when a problem is not completely resolved.

Keep a little time for each other.

Keep a small thread of connection between weekly conversations. The Connected Couples App offers a shared daily question and mood check-ins.