

Couples Weekly Check-In

Week of: _____

Partner A: _____

My mood this week (1–5)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

My high point

What stressed me

Something you did that I appreciated

One thing I need next week

Together: one plan for next week

Date / time for our next check-in

15 minutes, same time each week. Fill your side alone first, then swap and read. Listen fully before responding — this isn't the place to settle a fight.