

Couples Weekly Check In Template

- Share the best moments of your week, both individually and as a couple.
- Discuss any challenges or low points you faced, personally or together.
- Share how you've been feeling emotionally, and ask your partner about their emotional state.
- Communicate any needs or requests you have from each other for the upcoming week.
- Express gratitude for each other, highlighting specific actions or qualities you appreciate.
- Discuss any goals you have for your relationship and review progress on ongoing goals.
- Look at the week ahead and coordinate schedules, plan date nights, or discuss upcoming responsibilities.
- Voice any concerns about the relationship or discuss adjustments to previously agreed-upon plans or goals.
- Conclude with reaffirming your commitment to each other and the relationship.
- End the check-in with a physical gesture of affection, such as a hug or holding hands, to reinforce your bond.