

WARRIOR COUPLE

WEEKLY CHECK-IN

A simple pause to reconnect, listen, appreciate, and choose your next step together.

WEEK OF: _____ CHECK-IN DATE: _____

1 • HOW CONNECTED DO WE FEEL?

Circle one number. No explaining or defending required.

1

2

3

4

5

1 = disconnected 5 = deeply connected

2 • APPRECIATION

Something I appreciated about you this week:

3 • WHAT WENT WELL?

A moment when we felt like a team:

4 • WHERE DID WE FEEL DISCONNECTED?

What happened, and what do we want to understand better?

5 • WHAT DO I NEED FROM YOU THIS WEEK?

Partner A: _____

Partner B: _____

6 • OUR ONE NEXT STEP

One small thing we will do together this week:

7 • CHOOSE ONE CONNECTION MOMENT

■ 10-minute phone-free conversation

■ Intentional hug or affectionate touch

■ Laugh or do something playful

■ Plan a simple date / quality-time block

WARRIOR COUPLE REMINDER

We don't have to solve everything tonight.

We just have to keep choosing connection.