

Weekly Marriage Check-in Worksheet

Name(s): _____ Date: _____

Instructions: Set aside 10-15 minutes once a week to complete this worksheet with your partner. Discuss your answers and be open to listening and supporting each other. Regular check-ins like this help keep the connection strong and healthy.



1. What were the highlights of our week together?

2. Were there any challenges we faced this week? How can we address them together?

3. How did I make you feel loved or appreciated this week?

4. What's one thing we can do next week to improve our relationship?

5. What are you grateful for in our relationship this week?