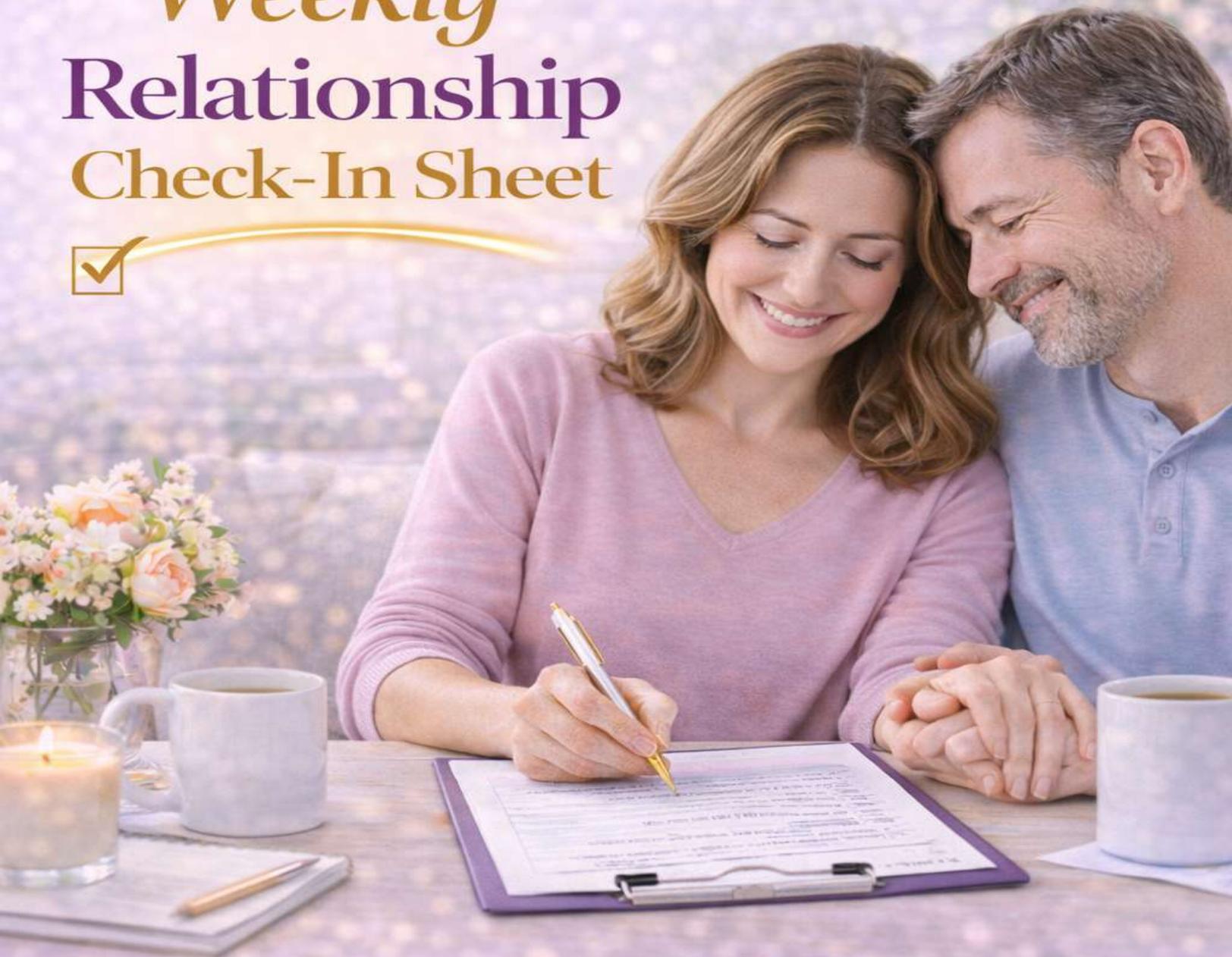


Fit Firm & Fabulous

A woman's guide to easy weight loss, wellness and beauty

Weekly **Relationship** *Check-In Sheet*



An easy template to communicate,
reconnect, and grow closer

WELCOME

Most relationship issues don't come from lack of love.

They come from:

- Misunderstandings
- Unspoken feelings
- Busy schedules
- Assumptions
- Emotional build-up

Then one small thing turns into a big argument – not because it's big, but because nothing has been cleared for weeks.

That's why weekly check-ins work.

Not therapy.

Not heavy "we need to talk" conversations.

Just a **gentle emotional tune-up** that keeps both partners feeling seen and heard. This guide gives you a simple structure to do that – without awkwardness.

WHY WEEKLY CHECK INS MATTER

Regular emotional check-ins:

- Prevent resentment buildup
- Improve communication
- Increase emotional safety
- Reduce surprise conflicts
- Strengthen long-term connection

And they take **15 minutes or less.**

Small maintenance prevents major repair.

HOW TO USE THIS GUIDE

Once per week:

- Sit together
- Put phones away
- Use the check-in questions
- Speak honestly
- Listen without fixing

That's it.

No debates.

No scorekeeping.

No rehashing the past.

Just staying emotionally current.

SETTING THE TONE

Before starting:

- Sit side-by-side or facing each other
- Take one breath together
- Agree: "This is a safe conversation"

Safety first. Always.

THE WEEKLY CHECK-IN QUESTIONS

1. Appreciation

"One thing I appreciated about you this week was..."

2. Emotional Check

"This week I felt..."

(Examples: supported, stressed, disconnected, happy, overwhelmed)

3. Needs Check

"One thing I need more of next week is..."

4. Stress Sharing

"One thing that felt hard for me this week was..."

Partner responds:

"Thank you for telling me."

(No fixing. Just hearing.)

5. Connection Moment

"One moment I felt close to you was..."

6. Upcoming Week Support

"How can I support you next week?"

Optional Closing Question

"What's one thing we're looking forward to together?"

If One Partner Is Reluctant

Keep it short.

Start with one question.

Let it feel easy.

Safety grows through experience.

If Emotions Come Up

Pause.

Breathe.

Return to curiosity, not defense.

The goal isn't agreement.

It's understanding.

When Life Gets Busy

Skip a week if needed.

Return next week.

Consistency over time matters more than perfection.

WHAT YOU'LL NOTICE OVER TIME

- Fewer surprise arguments
- More emotional honesty
- Easier problem-solving
- More affection
- Feeling like teammates again

Because relationships need maintenance, not rescue.

NEXT STEP GO DEEPER

If you'd like more relationship tools, communication guidance, and connection-building resources, visit the:

Relationships & Connection Tab

on your Fit Firm & Fabulous website

There you'll find:

- Communication guides
- Intimacy-building tools
- Emotional closeness programs
- Couples resources

Strong relationships are built through small consistent care.

You don't fix relationships.

You maintain them – gently and regularly.

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