



# Your first month of weekly marriage check-ins

Hey! We're Josh and Grace, and we're so excited you downloaded these cards.

You're about to experience the power of weekly check-ins firsthand. Use these 4 cards over the next month and see how 10 minutes a week can transform your communication and connection.

Let's get started.

**Josh & Grace**  
SimpliYoked co-founders

**Scroll to download  
the cards.**



# How to use our cards

## 1. Pick your day

---

Choose the same day each week for your 10-15 minute check-in. We do Sunday evenings after dinner. Pick whatever works for you!

## 2. Fill out the card at the start of the week

---

- Note the start and end date of the week you're in
- Write out what each of you needs to accomplish this week
- Track your yearly habit in the box at the bottom

## 3. Review the card at the end of the week

---

- Come back to the same card the following week
- Check off what you completed
- High-five for wins, support each other on misses

## 4. Answer the questions on the back

---

Flip the card over and answer the 2 questions together. These help you reflect and learn more about each other.

## 5. Week 4 is special

---

On your fourth card, you'll rate how things are going with your sex life and finances (1-5 scale). This keeps these important conversations open and regular.

One more scroll until you can  
download the cards!





# Quick tips & printing

- Keep it to 10-15 minutes max
- Don't beat yourselves up if you miss a week
- Be honest and supportive
- Have fun with the questions on the back

**Ready to do this thing? [CLICK HERE](#) to print the cards!**

- Click the link
- Print the cards
- Make sure the document prints on \*both sides\* of the paper
- Cut out and get aligned in your marriage!

Week 1 / 13

Start day: \_\_\_\_\_ End day: \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

Habit: ☐ \_\_\_\_\_

☐ \_\_\_\_\_

Simplifyd Q1

What brought you joy last week?

\_\_\_\_\_

\_\_\_\_\_

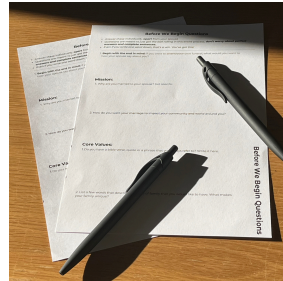
\_\_\_\_\_

What is one thing you'd like to improve in?

\_\_\_\_\_

\_\_\_\_\_

**Loved the cards?**  
**Scroll for your the next steps** ↓



If you loved our  
cards, you'll love  
our class.

before we begin  
questions



weekly check-in cards  
(full year)

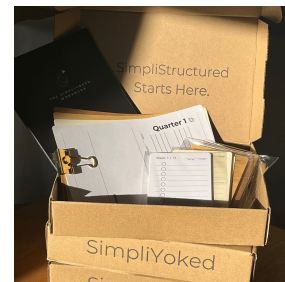


quarter cards

**Introducing  
the  
SimpliYoked  
class box.**



the workbook



**Here's the breakdown of  
what you get with our  
class box.**







# What our box includes

- 52 weekly check-in cards (a full year!)
- 4 quarterly planning cards (to set big-picture goals)
- Annual marriage retreat guide (to help plan the upcoming year together)
- "Before We Begin" questions (to align on your foundation)
- A video course walking you through each step of our class
- The SimpliYoked workbook
- SimpliYoked pens (physical box only)

Here's how to get your  
box. ↓



# Two ways to get the SimpliYoked class box

## **The SimpliYoked Box - \$47**

Physical cards, workbook, pens, plus full class digital access. Everything shipped to your door.

→ **Order at [simpliyoked.com](https://simpliyoked.com)**

## **Print-At-Home Package - \$27**

Printable PDFs of course material and full class digital access.

→ **Order at [simpliyoked.com](https://simpliyoked.com)**

Don't lose momentum. You've started strong with these 4 weeks—**Keep building something different!**

**Questions?** We're here to help.

Email: [hello@simpliyoked.com](mailto:hello@simpliyoked.com)

Instagram: [@simpliyoked](https://www.instagram.com/simpliyoked)