

# ■ Marriage Fitness Worksheet

Based on \*Marriage Fitness: 4 Steps to Building & Maintaining Phenomenal Love\* by Mort Fertel

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## 1. Quick Self-Check (Rate 1–10)

Circle your score for each pillar this week.

| Pillar                  | My Score | Partner's Score |
|-------------------------|----------|-----------------|
| Trust & Honesty         |          |                 |
| Respect & Communication |          |                 |
| Emotional Support       |          |                 |
| Fun & Play              |          |                 |
| Shared Vision & Goals   |          |                 |
| Physical Intimacy       |          |                 |
| Fairness & Teamwork     |          |                 |
| Growth & Flexibility    |          |                 |

Which two areas most need attention right now?

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## 2. Identify Your Current Phase

- Phase 1 – Healing & Stabilising (reducing tension, rebuilding trust)
- Phase 2 – Building Attraction (reconnecting emotionally/physically)
- Phase 3 – Deepening Intimacy (understanding, empathy, shared meaning)
- Phase 4 – Maintenance & Growth (keeping the bond strong and vibrant)

What small daily actions could strengthen this phase?

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## 3. Your “Love Quota” for the Week

Set a simple, measurable goal of connection-building actions.

| Activity                             | Frequency | Notes |
|--------------------------------------|-----------|-------|
| Quality conversation (no devices)    |           |       |
| Shared meal or walk                  |           |       |
| Compliment / appreciation            |           |       |
| Physical affection (hug, kiss, etc.) |           |       |
| Intimacy / date night                |           |       |

Goal: Keep promises small, realistic, and repeatable.

## 4. “Micro-Actions” That Show Love

Write 3 simple gestures you'll do this week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **5. Repair & Reconnect**

When conflict arises, use the 3-Step Repair Formula:

1. Pause: Take a breath, step back.
2. Acknowledge: "I see that hurt you."
3. Repair: Ask, "What can I do right now to make this better?"

What recent argument could use a repair?

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### **6. Relationship Vision**

Write one shared goal for your next 3 months together:

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### **■ Key Takeaways**

- Love is a daily practice, not a feeling.
- Small, repeated actions create big change.
- Repair, respect, and consistency keep love "fit."
- Celebrate progress — perfection isn't required.