

Worksheet: Weekly Rewire Tracker (Action → Maintenance)

This worksheet helps you track your new habits and notice what’s working. Consistency builds momentum, and small wins matter. Use the tracker to reflect on your progress. For example, on Monday you chose a screen-free dinner with your partner—your Reflection Note might be: “*We actually talked without distraction.*”

Day	Phone-Free Dinner	Screen-Free Bedtime	Reflection Note
Mon	✓ ✗	✓ ✗	
Tue	✓ ✗	✓ ✗	
Wed	✓ ✗	✓ ✗	
Thu	✓ ✗	✓ ✗	
Fri	✓ ✗	✓ ✗	
Sat	✓ ✗	✓ ✗	
Sun	✓ ✗	✓ ✗	

Reflection:

- Which habit felt easier to maintain? Why? _____

- Did any of these habits change the tone or connection in your relationship?

- What support or adjustment might help you keep going next week?

