

Relationship Points Tracker

Celebrating Love, Growth, and Moments Together

Couple's Names: _____

Date Started: _____

Goal/Theme: _____

Relationship Points Categories:

Category	Activity	Points
Acts of Kindness	Daily Compliments	5
Acts of Kindness	Surprising Each Other	10
Quality Time	Date Night/Outing	15
Quality Time	Cooking a Meal Together	10
Emotional Connection	Deep Conversation	12
Emotional Connection	Supporting Each Other	15
Surprise Gestures	Random Gift/Surprise	15
Surprise Gestures	Thoughtful Notes or Letters	10

Tracker Table (Weekly/Monthly)

Date/Week	Activity/Action	Points Earned	Cumulative Points	Notes
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Goal: Reach _____ Points by the End of the Month