



Time for Undivided Attention Worksheet

For the Week of _____

Please report the time you give undivided attention to each other. You must be without friends, relatives, or children and must use the time to engage in conversation, affection, sex, or recreational activities that promote undivided attention.

First, schedule time to be together by completing the Planned Time Together part of the report. The estimate of time actually given to undivided attention depends on how each of you feels about the attention given. While you may have been together for two hours, one of you may feel only half of the time was given to undivided attention, while the other may feel that the entire two hours qualified. Because of this common difference of opinion, each of you is to provide your own estimate. In the last column, the lower estimate is to be entered. If the planned activity was canceled, explain why under Actual Activities.

At the end of the week, the total of the Lower Estimate column should be entered on the Time for Undivided Attention Graph. It should be fifteen hours or more if you want to sustain romantic love in your marriage.

Planned Time Together				Actual Time Together			
Planned Date	Planned Time (from-to)	Total Planned Time	Planned Activities	Actual Activities	Her Estimate	His Estimate	Lower Estimate
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
Time for the Week _____				Total Time for the Week _____			