**Relationship Agreement**

**This Relationship Agreement, dated [DATE] is entered into by and between [YOUR NAME] & [YOUR PARTNER’s NAME]**

We agree to honour the terms of this Relationship Agreement to the best of our abilities.

**Finance**We agree not to spend more than [\_\_\_\_\_] on non-essentials without prior agreement.

We agree to deposit 10% of our monthly earning into our joint savings account.  
We agree not to eat out more than once per month.

**Sex, Intimacy & Affection**

We agree to show affection towards each other in the way we each need to receive it.

We agree to have sex at least [\_\_\_\_\_] times per [\_\_\_\_\_].  
We agree to

**Division of Labour**We agree to divide jobs and chores based on our availability, schedules and strengths.

We agree to take turns to cook a healthy meal every weekday night.

**Parenting & Family Time**

We agree to dedicate [\_\_\_\_\_] day per [\_\_\_\_\_] to spend uninterrupted time together as a family.

We agree to discuss suitable boundaries or punishments for our child before enforcing them.

**Quality Time**We agree to invest in quality time together to enjoy shared activities.

We agree to schedule regular dates nights at least [\_\_\_\_\_] per [\_\_\_\_\_]

**Screen Use**

We agree to put our phones away when we are together.  
We agree to set aside [\_\_\_\_\_] screen free nights per [\_\_\_\_\_].

**Communication & Conflict**

We agree to express our needs and expectations clearly.

We agree to listen to each other’s concerns without interrupting.

We agree to take a time out if one of us is feeling overwhelmed during a disagreement.

**Health & Personal Growth**

We agree to challenge each other’s poor health choices if necessary.

We agree not to drink alcohol at home during the week.

We agree to support each other with time and space to pursue our individual interests,

**Check Ins**

We agree to commit to regular 30-minute relationship check-ins every [\_\_\_\_\_]

**Signature & Date**

By signing below, I acknowledge and agree to the terms and conditions outlined in this agreement.

**PARTNER 1 PARTNER 2**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_