

# Roommates to Lovers Again

*A 7-Day Closeness Tracker for Emotionally Distant Couples*

## Introduction

This 7-day tracker is designed to help couples rebuild connection through small, consistent moments. Even without conflict, couples can drift into emotional distance. These prompts are designed to reintroduce emotional warmth, touch, laughter, and honesty in low-pressure ways. Use this as a shared ritual, and check in at the end of the week to reflect on how it felt.

Each day, check off what you did together or individually:

| Day   | ✓ Emotional Check-In     | ✓ Act of Affection       | ✓ Shared Laughter or Play | ✓ Honest Moment          | ✓ Physical Closeness     |
|-------|--------------------------|--------------------------|---------------------------|--------------------------|--------------------------|
| Day 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 5 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 6 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| Day 7 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |

## Reflection Questions:

1. What felt most connecting this week?
2. What was harder than expected?
3. How can we continue these rituals beyond 7 days?

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