Our Couple Care rhythm

The simpler, research-friendly version of the 2-2-2 rule.

- **Every day, 5 to 10 minutes:** one small ritual. A real goodbye, a reunion talk, or an appreciation.
- **Every week, 20 to 30 minutes:** a short check-in and one small date. Something new every few weeks.
- **Every month, 1 to 2 hours:** one real date with a bigger conversation.
- **Every year:** one night away together and one check-up talk. What went well, what was hard, what we want next.

From CoupleCareRoutine.com