



Monthly Tune-Up:

Instructions: A monthly tune up is a great way to help your vehicle perform at maximum capacity. Each month, the husband and wife fill out the sheet separately, before taking turns verbally sharing each line. Although the questions allow for great discussion, do not take any longer than it would take to heat up a pizza.

Remember, this is a diagnostic tool to help you understand each other. The wife must remember that this is not a dump time, and the husband should remember, this is not a fix time. It may be tempting (especially during the first few tune-ups) to defend. The couple should reserve the right of clarification (what do you mean by...?) but not defense.

The tune-up is a fantastic way, especially for the wife, to be able to express her thoughts in an organized and consistent manner. Those who have completed this form normally find that the wife will have a lot more to share. I would caution the husband not to feel attacked, and remind the wife not to feel slighted that the man doesn't feel the need to share as much. Simply realize your God-given conversation differences, and go eat the pizza.

Start by holding hands and praying.

Spiritual Growth –

1. Do I feel we are growing together? (Yes/No)

2. What main idea am I learning in my devotions?

3. Areas of growth I see in my spouse:

4. Ideas for family devotions I'd like to implement:

5. Areas of spiritual concern:

Intimacy –

1. Do I feel my needs are met? (Yes/No)

2. Am I being faithful with my eyes? (Yes/No)
3. Am I being faithful with my mind? (Yes/No)
4. I love it when...

5. I would like to try...

Finances –

1. Are we giving God a minimum 10% of our income? (Yes/No)

2. Do I think we are spending wisely? (Yes/No)

3. I would like to save for...

4. Ways to be more conservative:

5. Ways to minister with our funds:

Parenting –

1. Do I feel we are united in our parenting?
(Yes/No)

2. Is there a specific problem with one of our children that needs to be addressed?

3. Is there a specific problem with the in-laws that needs to be addressed?

4. Specific ways we can show our children love:

5. What characteristic of God do our kids most see in us? _____

6. What characteristic could I work on more?

7. Ways to improve our parenting:

Communication –

1. Have we been doing our monthly tune-ups? (Yes/No)

2. Do I speak with gentleness and patience? (Yes/No)

3. Do I clam up because I'm afraid to share my thoughts, etc.? (Yes/No)

4. Do I feel listened to? (Yes/No)

5. On a scale of 1-10, how often do I feel interrupted? (1 2 3 4 5 6 7 8 9 10)

6. Are there ways in which I feel left out? (Yes/No)

7. Husband answers the following:

a. Do I feel disrespected by any actions?

b. I feel respected when... _____

c. Do I feel free to lead? (Yes/No)



8. Wife answers the following:

a. Do I feel unloved by any actions?

b. List activities that I understand as love.

c. Do I feel I can follow? (Yes/No)

9. Is there anything bothering me I would like to share?

Health –

1. Are we taking good care of ourselves physically?

a. Eating right (Yes/No)

b. Physical exercise (Yes/No)

2. Ways to improve our overall health:

3. Concerns I have for my health:

Dating –

1. Do you feel we spend enough time together?
(Yes/No)
2. New ideas for a date I find interesting include...

3. Dates we should not do again include...

4. Ways to improve quality of time together:

5. Two traits I love about my spouse:



Things to consider/change before next tune-up (This is for individual reference and does not need to be shared)

- a. _____

- b. _____

**Hold hands and each of you pray,
bringing tune-up to a close**