

Table 3.1: *Sample Job Description Evaluation Chart* – Week of Oct 12 2009.

ACTION	SUN	MON	TUE	WED	THUR	FRI	SAT
Told her I adore her	✓		✓	✓			✓
Suggested fun-loving		✓	✓ Brought home bubbles		✓ Took her to park	✓	✓ Rode bikes
Helped with child care	✓	✓	✓	✓		✓	✓
Helped with Chores	✓	✓	✓	✓	✓	☺ Wife gave me day off!	✓
Said “I understand” her emotions		✓	⊗ Argued about kids.	✓	✓	✓	
Supported her interests	✓		✓		✓	✓	✓
Listened without judging		✓		⊗ Said she was wrong	✓	✓	✓
Praised her	✓ Noticed her haircut	✓		✓		✓	✓

TO DO LIST			
Write thank-you note to her parents	<input checked="" type="checkbox"/>	Bring down her sweaters from attic	<input type="checkbox"/>
Make dinner at least one night	<input checked="" type="checkbox"/>	Send her a card “just because”	<input checked="" type="checkbox"/>
Buy extra cards to stash in my desk for later	<input checked="" type="checkbox"/>	Pick up clothes from dry cleaners	<input type="checkbox"/>

What went well this week: _____

When went wrong this week: _____

New objectives for next week (include all promises to wife): _____

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