



LONG DISTANCE COUPLE KIT



Weekly Call Plan

When we talk, how we talk, and what we do together, written in both of our time zones.

	Name	City	Time zone
Partner 1			
Partner 2			

Hours between us _____ Who's ahead _____ Plan starts the week of _____

Our good hours

	Partner 1's time	Partner 2's time
Weekdays		
Weekends		

Our week

Day	Partner 1's time	Partner 2's time	How	What we do
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

If a call has to move, we let each other know by _____

When one of us can't talk, we send _____



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