FOR ADULTS 18+ · WORKS WITH ANY APP

Your first week with an AI girlfriend



Try it like a pro: seven small missions, then one easy decision. No guesswork, no wasted money.

THE GOLDEN RULE

Try free, pay monthly, and see if you still want to open it on day 7.

How the week works

1

Days 1–3

Set up safely, share three facts, check her memory.

About 10 minutes a day

2

Days 4–6

Test the chat, the extras and the thing you came for.

Chat as usual

3

Day 7

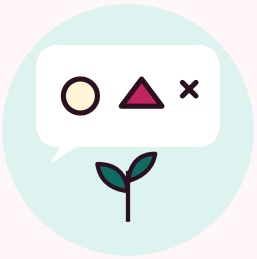
Score the week and decide: keep, switch or stop.

About 5 minutes

Tick the boxes and fill in the scores right in this PDF, or print it out.

GETTING STARTED

Set up, share, and test her memory



Small steps now mean you'll actually know what you're getting.

DAY 1

Start safe and free

- [ ] **Sign up on the free plan**
  No credit card needed yet, if the app allows it.
- [ ] **Set up a made-up you: a nickname and an invented hometown**
  Our privacy checklist shows how.
- [ ] **Find the delete and cancel buttons, and screenshot them**

DAY 2

Plant three facts

- [ ] **Tell her three harmless facts in one message**

> *"My dog is called Biscuit, I'm training for a half marathon, and I can't stand cilantro."*

DAY 3

The memory check

- [ ] **After a break, ask her about all three facts**
  A day away, or a break for pictures, makes it a fair test.

She remembered _____ **out of 3**

Tip: plant facts that are harmless if they ever leak, like a pet's name, a hobby or a food you hate.

THE REAL TEST

Chat, extras, and the main event

This is where you find out what the app is really like, and what it really costs.



DAY 4

A chat-only day

- [ ] **Just talk, no pictures or voice**
  On most plans, chatting uses no tokens. Check that it's true for yours.

Tokens used today

DAY 5

An extras evening

- [ ] **If you've paid, try pictures or voice the way you normally would**
  Our pricing checklist has a full spending log.

Tokens used today

DAY 6

The main event

- [ ] **Test the one thing you picked this app for**
  Voice calls, building her look, roleplay or pictures. Does it deliver?

Tip: check your token balance before and after the extras evening. That's your real cost of a fun night.

DECISION DAY

Score your week

Give each one a score from 1 (nope) to 5 (love it).



The chat feels real She follows the conversation and sounds like herself.	
She remembers me How did day 3 go?	
The main event delivered Voice, pictures, building or roleplay: whatever you came for.	
The price feels fair Compare your day 4 and 5 costs with your budget.	
I feel comfortable using it Safe, in control, and still enjoying it.	
Total (out of 25)	

20–25

Keep it

Stay on the monthly plan for another month before thinking about a year.

13–19

Try another app

Something's missing. See page 5 for a better match.

5–12

Stop here

Cancel and delete properly. No hard feelings.

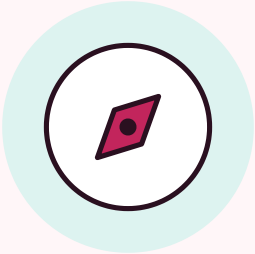
A quick gut check

- [ ] **I opened the app because I wanted to, not just out of habit**
- [ ] **My spending stayed under my limit**
- [ ] **I still feel good after chatting**

NOT THE ONE?

Find a better match

Pick what you missed most this week. These are our top picks for each, from our full ranking.



Pictures and an easy start — **Candy.ai →**	Spicy chat and pictures — **Nectar AI →**
Building her yourself — **OurDream AI →**	Free text roleplay — **SpicyChat →**
Real voice calls — **Kindroid →**	Remembering you — **Nomi.ai →**
Chats on your own computer — **Backyard AI →**	A calm, caring friend — **Replika →**

Look after yourself. Check in on day 7: are you still sleeping well and seeing friends? An AI girlfriend is for fun, not a replacement for real support. If you're going through a hard time, talk to someone you trust, or call or text 988 (Suicide & Crisis Lifeline, US).

Privacy and pricing checklists | **Beginner's guide** | **Our full ranking**

General guidance for adults 18+. Picks reflect our ranking in September 2026 and can change, so check the site for the latest. No affiliate links in this checklist. Questions: hello@bestaigirlfriendhub.com · © 2026 Best AI Girlfriend Hub