

30

Day:

# COUPLES CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Kiss each other goodbye	2 Spend 30 minutes (undistracted) together	3 Text something sweet or spicy	4 Listen. Without the intent to fix	5 Set a financial goal together	6 Take a walk with your partner (or a workout)	7 Pick up something at the store for your partner
8 Cook something together	9 Do a playful challenge or game	10 Eat breakfast (or lunch) together	11 Compliment each other	12 Plan a vacation (or other outing)	13 Spend 5 minutes or more snuggling	14 Try something new in the bedroom
15 Plan and have a thoughtful date night in	16 Use questions for a deeper conversation	17 Ask for something you need today	18 Take a bath or shower together	19 Bring your partner a coffee	20 Do chores together	21 Hug each other
22 Build in 30 minutes to do your own thing	23 Share an appreciation about each other	24 Set a health goal together	25 Forgive one thing your partner did	26 Leave a sweet or spicy note for your partner to find	27 Do a playful challenge or game	28 Dress up and have a fancy date night somewhere
29 Make a list of 10 reasons you love your partner	30 Slow dance in the kitchen					