



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1 send a thoughtful text throughout the day
2 leave a sweet note your partner will appreciate	3 share your favorite memories together	4 compliment your partner on something that is non physical (kindness)	5 laugh together watch a funny video or tell some jokes or a funny story	6 surprise them with their favorite things (snack, drink, food, etc.)	7 give your partner a 5 minute massage	8 hold hands more often today or reach out more for physical touch
9 take a walk or drive together not being on your phones	10 sit with no distractions and talk about your day for at least 10 min	11 hug your spouse for at least 20 seconds to increase intimacy	12 say thank you for something they do you usually take for granted	13 look through old photos and reminisce together	14 Happy Love Day! Plan a date together at home or out	15 accomplish a light workout together strive to meet goals as a team!
16 have a deep conversation on something that is meaningful	17 write 3 things you love about your spouse and share during dinner	18 spend at least 10 minutes cuddling without distractions	19 cook a meal or make a sweet treat together	20 share your dreams and goals for the next year as a couple	21 send your partner a flirty text	22 do something spontaneous together (dance in the kitchen, etc.)
23 talk about ways you can better support each other	24 talk about a dream date/ vacation you both want to go on	25 make a playlist of songs that remind you of each other & listen together	26 kiss them for at least 10 seconds today	27 do a small act of service (starting their coffee, filling up their gas, etc.)	28 reflect on this monthly challenge & talk about what it has taught you	