



Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

			1 Spring clean one thing together (closet, drawer garage, etc)	2 Recreate a favorite meal together (favorite honeymoon dinner)	3 Ask eachother “What is one thing you want more of in our marriage”	4 Take a 15 min walk & share a childhood memory
5 create a couples bucket list for the rest of the year	6 Have a no screens dinner- bonus for candlelight	7 Leave a hidden love note for your spouse to find	8 Compliment your spouse on something you dont usually do	9 Watch a movie your spouse loves even if you don't	10 Send a midday flirty text or even a voice messege	11 Do a chore your spouse usually takes care of without saying anything
12 Surprise eachother with a \$5 gift or treat	13 Talk about the first time you knew you loved eachother	14 Do something physical together (dance, workout, etc)	15 Write a one paragraph letter on why you love them	16 Plan a “no-spend” date night together	17 Ask “Whats one habit I have that makes you feel loved”	18 Share a dream you have for the future for eachother
19 Do somethign silly togehter (build a fort, play a game, go exploring, etc)	20 Give eachother at least a 5 minute massage	21 Say “Thank you” today and really mean it from your heart	22 Have a 10 minute eye contact cahllenge with no talking	23 Pray, meditate, yogo together even if it's just for a couple minutes	24 Ask “What's something you need from me more often”	25 Eat dinner on your deck/ front porch/ picnic in your yard
26 Find an old photo and talk about the memory behind it	27 Make a new insode joke or special time codeword together	28 List 3 things you've learned through love & marriage	29 Do a springy activity together (rollerblade, chalk, bird watch)	30 Grab a sweet treat and talk about what you loved about this challenge		