

The 31 Day Couple's Challenge

- DAY 1 Say 'I love you' at least once today and everyday for the rest of your lives.
- DAY 2 Share a smooch at least once today and everyday for the rest of your lives.
- DAY 3 Write down the names of 5 fav restaurants on 5 pieces of paper, put the papers into a bowl and pick one. The one chosen is where you will be having dinner tonight.
- DAY 4 Enjoy an outdoor activity together.
- DAY 5 Go to a dollar store and with \$5 in your hand and 30 mins. on the clock buy one another a gift.
- DAY 6 Cook/make a meal together.
- DAY 7 Grab a blanket, cuddle up on the sofa and watch a movie.
- DAY 8 Before you rush off to work, say something nice to one another.
- DAY 9 Write a short sweet note to one another, place it on the other's pillow, and read it before you go to bed.
- DAY 10 Enjoy a candlelight dinner.
- DAY 11 Pick out one another's outfit for tomorrow.
- DAY 12 Go out and enjoy a picnic.
- DAY 13 After dinner, take a leisurely walk down your neighborhood and have a conversation sans electronic devices and other distractions.
- DAY 14 Play a favorite slow song and have a dance.
- DAY 15 Exchange one household chore with one another for a day.
- DAY 16 Do something nice for one another.
- DAY 17 Try something new. Go and do something you have never done before.
- DAY 18 Make it a point to hold hands with one another today.
- DAY 19 Watch his favorite movie.
- DAY 20 Take a seat on your front porch or back patio, and enjoy one another's company. Sans electronic devices.
- DAY 21 While you watch TV give one another a foot massage.
- DAY 22 Watch her favorite movie
- DAY 23 Exchange an embrace that is no less than 30 seconds.
- DAY 24 Go to an ice cream shop and enjoy some ice cream in an outdoor setting.
- DAY 25 Go out and do something you all have never done before or in a long time.
- DAY 26 Make a HOME SWEET HOME sign together and display it in your home.
- DAY 27 Play a game together. (EX board game, cards etc.)
- DAY 28 Before you go to bed exchange a kiss that lasts no less than 30 seconds.
- DAY 29 While you prepare dinner, put the radio on and dance the night away.
- DAY 30 On a piece of paper write down three things you love about one another, exchange papers and read them. Always keep this piece of paper on you as a lovely reminder of just how much you are loved.
- DAY 31 Watch a scary movie together.