

28 DAYS OF LOVE

SUN	MON	TUE	WED	THU	FRI	SAT
	01 Give each other a 30-minute hot oil massage	02 Give each other 5 compliments throughout the day	03 Put on a slow song and dance together	04 Send a romantic good morning text	05 Cook dinner together	06 Have sex somewhere you never have before
07 Make vision boards together	08 30-minutes of foreplay...NO SEX	09 Take on a chore/responsibility your partner usually handles	10 Look through old pictures together	11 Fall asleep talking to each other	12 Gift your partner a small but significant gift	13 Make breakfast in bed for her
14 VALENTINES DAY	15 Feed each other chocolate covered fruit w/ whipped cream	16 Take a shower or bath together	17 Pick a song that reminds you of your partner and perform it for them	18 Do some sexting throughout the day	19 Play games (i.e. card games, board games)	20 Make breakfast in bed for him
21 Take a long walk, hold hands, and talk about your goals	22 Have sex multiple times	23 Buy her flowers and a card	24 Send him a text about why you appreciate him	25 Have morning sex	26 Have a movie night at home	27 Write your partner a love letter
28 Try a new position						



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