

28 DAYS OF *Real Love*

1
Fall asleep while
cuddling

2
Create a 3-song
playlist that
expresses your love
for your partner

3
Send romantic
texts to your
partner throughout
the day

4
Play strip UNO
(Maximum 5
articles of clothing)

5
Make him
breakfast in bed

6
Go for a walk and
talk about goals for
the week

7
Compliment your
partner at least 3
times throughout
the day

8
Take a
bath/shower
together

9
Give each other a
15min massage

10
Put on a slow song
and dance together

11
Role play

12
Movie night

13
Share your fantasy
with your partner

14
Valentine's Day

15
Take on a chore or
responsibility your
partner usually
handles

16
Listen to a
REALationships
episode and discuss
the topic together

17
30 minutes of
foreplay (No Sex)

18
Cook a new dish for
dinner together

19
Create a couples
vision board for
2022

20
Breakfast in bed for
her

21
Have morning sex

22
Look through old
pics or discuss fun
memories

23
Create a sex
playlist together

24
Take 5 love
languages quiz
(online)

25
Date night

26
Try a new position

27
Write and
exchange love
letters

28
Create a couples
bucket list