

29 DAY REALATIONSHIP CHALLENGE

SUN

MON

TUE

WED

THU

FRI

SAT

							01 Have sex somewhere you never have before
02 Make breakfast in bed for him	03 Send a romantic good morning text	04 Take on a chore/responsibility your partner usually handles	05 Look through old pictures together	06 Fall asleep talking to each other	07 Go to the sex store and pick out a new toy		08 Cook dinner together
09 Take a long walk, hold hands, and talk about your goals	10 Feed each other chocolate covered fruit w/ whipped cream	11 Buy her flowers and a card	12 30-minutes of foreplay...NO SEX	13 Give each other 5 compliments throughout the day	14 Try a new position		15 Make breakfast in bed for her
16 Role play	17 Take a shower or bath together	18 Put on a slow song and dance together	19 Send him a text about why you appreciate him	20 Have morning sex	21 Have a movie night at home		22 Give each other a 30-minute hot oil massage
23 Play games (i.e. card games, board games)	24 Gift your partner a small but significant gift	25 Have sex multiple times	26 Pick a song that reminds you of your partner and sing it to them	27 Do some sexting throughout the day	28 Share your fantasy		29 Dress up and have a night out

REALATIONSHIPS
PODCAST *WITH DEVON & ASHA STILL*

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