30-Day Couples Challenge

Strengthen your bond with intentional daily activities!
Use this challenge to grow closer emotionally, spiritually, and physically.

Week 1: Building Emotional Connection ❤️

- ✓ **Day 1:** Write down 5 things you love about your spouse and read them aloud.
- ✓ **Day 2:** Go for a walk together and talk about your dreams for the future.
- ✓ **Day 3:** Hug for at least 60 seconds—feel the connection!
- ✓ **Day 4:** Share your "highs and lows" of the day over dinner or before bed.
- ✓ **Day 5:** Compliment each other intentionally at least 3 times today.
- ✓ **Day 6:** Watch your wedding video or look through old photos together.
- ✓ **Day 7:** Send a sweet or flirty text during the day, even if you're together.

Week 2: Deepening Spiritual Intimacy ✨🙏

- ✓ **Day 8:** Pray together for your marriage, your family, and your future.
- ✓ **Day 9:** Read a Bible passage together and discuss what it means for your relationship.
- ✓ **Day 10:** Share your favorite worship song and listen to it together.
- ✓ **Day 11:** Forgive each other for any past hurts and commit to moving forward.
- ✓ **Day 12:** Attend a church service or watch an online sermon together.
- ✓ **Day 13:** Fast from social media for a day and focus on each other.
- ✓ **Day 14:** Speak a scripture over your spouse that encourages them.

Week 3: Strengthening Friendship & Fun 😃🎉

- ✓ **Day 15:** Plan a surprise date or special activity for your spouse.
- ✓ **Day 16:** Do something playful together—dance, play a game, or joke around!
- ✓ **Day 17:** Try a new recipe and cook a meal together.
- ✓ **Day 18:** Give each other a 5-minute massage or back rub.
- ✓ **Day 19:** Watch a romantic or funny movie together.
- ✓ **Day 20:** Take a personality test and compare your results.
- ✓ **Day 21:** Try something new together—an activity, food, or adventure.

Week 4: Strengthening Communication & Affection 💬💏

- ✓ **Day 22:** Share your love languages and commit to expressing love in each other's way.
- ✓ **Day 23:** Have an uninterrupted conversation about your goals as a couple.
- ✓ **Day 24:** Write a short love letter and hide it somewhere your spouse will find it.
- ✓ **Day 25:** Hold hands all day—while walking, sitting, or watching TV.
- ✓ **Day 26:** Set a "no phone" rule for a few hours and be fully present together.
- ✓ **Day 27:** Make a list of things you want to accomplish as a couple this year.
- ✓ **Day 28:** Each of you pick a word that describes your marriage and explain why.
- ✓ **Day 29:** Say "I love you" in a new, creative way today.
- ✓ **Day 30:** Celebrate completing the challenge with a special date night!

Couples Challenge Habit Tracker ✅

(Check off each day as you complete it!)

Day	Activity Completed (✓)
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