

# 30 DAY RELATIONSHIP *challenge*

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| <p>DAY ONE</p> <p>LEAVE A NOTE IN UNEXPECTED SPOT</p>                        | <p>DAY TWO</p> <p>SHARE A SIX SECOND KISS</p>            | <p>DAY THREE</p> <p>UNPLUG &amp; TUNE INTO EACH OTHER</p>             | <p>DAY FOUR</p> <p>HOLD HANDS WHILE OUT</p>                            | <p>DAY FIVE</p> <p>PLAY A BOARD GAME TOGETHER</p>                    |
| <p>DAY SIX</p> <p>GIVE SPONTANEOUS GIFT (BIG OR SMALL)</p>                   | <p>DAY SEVEN</p> <p>MAKE A "WHY I LOVE YOU" LIST</p>     | <p>DAY EIGHT</p> <p>GIVE EACH OTHER MASSAGES</p>                      | <p>DAY NINE</p> <p>HAVE A PICNIC DATE</p>                              | <p>DAY TEN</p> <p>WATCH A ROMANTIC MOVE TOGETHER</p>                 |
| <p>DAY ELEVEN</p> <p>MAKE A PLAYLIST OF SONGS THAT REMIND YOU EACH OTHER</p> | <p>DAY TWELVE</p> <p>COMPLETE A DIY PROJECT TOGETHER</p> | <p>DAY THIRTEEN</p> <p>COOK DINNER TOGETHER - EAT BY CANDLE LIGHT</p> | <p>DAY FOURTEEN</p> <p>GIVE THEM 7 COMPLIMENTS THROUGHOUT THE DAY</p>  | <p>DAY FIFTEEN</p> <p><u>DATE NIGHT</u><br/>TRY A NEW RESTAURANT</p> |
| <p>DAY SIXTEEN</p> <p>CREATE DATE NIGHT BUCKET LIST</p>                      | <p>DAY SEVENTEEN</p> <p>WRITE A LONG LOVE LETTER</p>     | <p>DAY EIGHTEEN</p> <p>GO FOR A WALK TOGETHER</p>                     | <p>DAY NINETEEN</p> <p>SURPRISE - DO SOMETHING OUT OF THE ORDINARY</p> | <p>DAY TWENTY</p> <p><u>DATE NIGHT</u><br/>MENS CHOICE</p>           |
| <p>DAY TWENTY ONE</p> <p>HAVE LUNCH TOGETHER</p>                             | <p>DAY TWENTY TWO</p> <p>SEND THEM A FLIRTY TEXT</p>     | <p>DAY TWENTY THREE</p> <p>SNEAK A PICTURE OF YOUR S/O</p>            | <p>DAY TWENTY FOUR</p> <p>QUALITY TIME: CUDDLE BEFORE BED</p>          | <p>DAY TWENTY FIVE</p> <p>DATE NIGHT: BOARDWALK OR ARCADE</p>        |

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| <p>DAY<br/>TWENTY SIX</p> <p>WRITE A<br/>LETTER<br/>EXPLAINING<br/>HOW<br/>IMPORTANT<br/>THEY ARE</p> | <p>DAY<br/>TWENTY<br/>SEVEN</p> <p>PHYSICAL<br/>TOUCH -EVERY<br/>TIME YOU<br/>TALK, TOUCH</p> | <p>DAY<br/>TWENTY<br/>EIGHT</p> <p>WORDS OF<br/>AFFIRMATION -<br/>REMIND THEM<br/>HOW AMAZING<br/>THE ARE</p> | <p>DAY<br/>TWENTY<br/>NINE</p> <p>ACTS OF<br/>SERVICE - DO<br/>SOMETHING<br/>THEY DON'T<br/>LIKE DOING</p> | <p>DAY<br/>THIRTY!</p> <p>CELEBRATE<br/>WITH BONFIRE<br/>&amp; SMORES -<br/>TELL EACH<br/>WHAT THE<br/>CHALLENGE<br/>TAUGHT YOU<br/>AND SHARE<br/>PICTURE YOU<br/>TOOK OF THEM</p> |
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