

30 Day Marriage Challenge



1	2	3	4	5	6	7
Thank your spouse for something you appreciate	Do not criticize your spouse today	Take a walk with your spouse holding hands	Play a board game or video game together	Watch the sunset together	Go without electronics for the entire day	Cuddle on the couch and watch a show together
8	9	10	11	12	13	14
Do a household chore together	Read a poem or short story and discuss with each other	Go on a lunch date	Write down your dreams or goals for the future	Tell each other all the things you admire about the other person	Make dinner together	Choose a book to read together
15	16	17	18	19	20	21
Wake up early and have breakfast together	Exchange a kiss every time you are in the same room	Plan a romantic getaway	Go through old photos together	Write a love letter to one another	Brag about your spouse to someone else	Surprise each other with a small gift
22	23	24	25	26	27	28
Do a crossword puzzle together	Take pictures of one another	Take turns giving each other a foot massage	Spend one full minute looking into each other's eyes	Greet your spouse with love and enthusiasm	Write new vows and read them to one another	Stay in bed an extra 10 minutes to snuggle
29	30					
Write a bucket list together	Begin a weekly date night tradition					