

January 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Write down your New Year's Couple Resolution.	2 Make a date night jar together (home dates, cheap dates, etc).	3 Tell your spouse you're glad you married them.
4 Do a chore your spouse would do.	5 Text your spouse and say, "I'm thinking of you."	6 Watch a movie, go to bed early or whatever you want to do to facilitate cuddling. Just enjoy being close to each other.	7 Try something new together.	8 Celebrate National Bubble Bath Day.	9 Compliment your spouse in front of someone.	10 Plan for a date night from the jar.
11 Ask your spouse if they need help with anything (housework, decisions, etc.)	12 Hold hands.	13 Plan something together: Date night, vacation, etc.	14 Play a board game or card game together.	15 Take a (sweet/silly) picture together.	16 Make/Buy their favorite meal.	17 Write your spouse a note about what you appreciate about them.
18 Thank your spouse for something they have done this week.	19 Spend 10 minutes talking to your spouse.	20 Turn off electronics and have pillow talk.	21 Give him a foot rub.	22 Give her a foot rub.	23 Plan for a at home date night.	24 Kiss your spouse first thing this morning.
25 Hug your spouse 3 times today.	26 Thank your spouse for what they do for your family.	27 Pay your spouse at least five compliments.	28 Ask your spouse about their hopes and dreams,	29 Do something for your health together.	30 Count your blessings together.	31 Reflect on the hardest/easiest day of your challenge.