

ACTIVITIES FOR COUPLE CONNECTION

Choose activities each week from this list to connect with your partner!



1 PLAN A MOVIE DATE & CUDDLE ON THE COUCH

2 GO ON A PICNIC

3 DANCE IN THE BEDROOM TO YOUR FAVORITE LOVE SONG

4 WALK ON THE BEACH

5 COUPLES MASSAGE

6 BIKING TOGETHER

7 SPREAD A BLANKET & STAR-GAZE

8 WRITE EACH OTHER A LOVE LETTER

9 TAKE A WORKOUT CLASS TOGETHER

10 COOK DINNER TOGETHER

11 STAY IN BED ALL DAY (& NIGHT)
wink wink

12 GO BOWLING

13 SPONTANEOUS ROAD TRIP

14 TAKE A BUBBLE BATH TOGETHER

15 RECREATE YOUR FIRST DATE

STRONG
FAMILY TREES

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