

50 couple challenges

A printable deck: one rule, one period, one reward on every card.

1. Pick one card, not five.

Choose by what you want more of: trust, closeness, a calmer home, new places, money, a friendly bet.

2. Read the three lines to each other.

The period, what counts as done, and the reward. If either of you would change a line, change it on the card before day one.

3. Sign the bottom and put it where you both see it.

Fridge, mirror, the back of the bedroom door. Check in on the same evening every week.

4. Finish, then pay the reward.

The reward was agreed before day one, so nobody argues about it on day thirty. The last page has blank cards for your own challenges.

Cards 43 to 50 are bets.

In a bet, the winner gets the reward and the loser pays it. Both of you call the result.

One honest question a day for 14 days, answered before bed

14 days

DONE WHEN

Both of you answered the day's question every evening, in a sentence or more.

REWARD

Dinner out on day 15, at a place you both pick.

We agreed: _____

Swap one chore you each hate for a week, no comments on how it was done

7 days

DONE WHEN

Both swapped chores were done every time they came up, and nobody commented on the result.

REWARD

Each of you gets one evening off the chore you hate.

We agreed: _____

Plan a whole Saturday for the other person, in secret, budget agreed in advance

1 day each

DONE WHEN

The plan stayed inside the budget and the other person arranged nothing.

REWARD

The second Saturday is planned by the other one, so both of you get a turn.

We agreed: _____

Seven days of no phones at the table

7 days

DONE WHEN

Every meal at the table without a phone in sight. A phone on the table is a miss; three misses and the week restarts.

REWARD

The Friday film is picked by whoever had fewer misses.

We agreed: _____

Tell one thing you have never said out loud, one per week, for a month

4 weeks

DONE WHEN

Four things said, and each one listened to for a minute without a reply.

REWARD

A long walk together after the fourth one.

We agreed: _____

Ask for one thing you need, in one sentence, every Sunday for a month

4 weeks

DONE WHEN

Each of you asked once a Sunday, and the other answered yes, no or later with a date.

REWARD

A slow Sunday morning for both if every later became a date that was kept.

We agreed: _____

Say thank you for one specific thing every day for 14 days

14 days

DONE WHEN

One thing named a day, with what it did for you, written down by each of you.

REWARD

Read your two lists to each other on day 15.

We agreed: _____

A 20-minute check-in on the same evening every week for six weeks

6 weeks

DONE WHEN

Check-in held on the planned evening: what worked, what did not, one request each.

REWARD

A dinner you pick together after week six.

We agreed: _____

A 30 day challenge for couples: one small kind act a day, logged on the tracker

30 days

DONE WHEN

One kind act a day, logged by the person who did it, with no day skipped twice in a row.

REWARD

The reward written on the tracker on day one, for example a weekend away.

We agreed: _____

Cook one new recipe together every week for eight weeks

8 weeks

DONE WHEN

Eight recipes cooked start to finish together, none repeated.

REWARD

Cook your favorite of the eight for friends.

We agreed: _____

A 20-minute walk together every evening for 21 days, rain or not

21 days

DONE WHEN

Twenty minutes on foot together before nine. Each of you may call it off once.

REWARD

A hike you plan together on day 22.

We agreed: _____

One handwritten note a week for a month, left where the other will find it

4 weeks

DONE WHEN

Four notes written by hand, each left in a place the other will find it.

REWARD

Read all eight notes together on day 29.

We agreed: _____

Read the same book and talk about it for ten minutes every Sunday

6 weeks

DONE WHEN

The book finished by the last Sunday, with ten minutes of talk each Sunday.

REWARD

Pick the next book together over dinner.

We agreed: _____

Ten minutes of undistracted talk every evening for two weeks

14 days

DONE WHEN

Ten minutes on a timer, phones in another room, on at least 12 of the 14 evenings.

REWARD

An evening with nothing planned, chosen by both.

We agreed: _____

A new date idea every week, in turns, for eight weeks

8 weeks

DONE WHEN

Eight dates, each planned by the person whose turn it was, within a budget set beforehand.

REWARD

The date you both rank first is repeated, planned by whoever did not plan it first.

We agreed: _____

Learn one thing together for 30 days, 15 minutes a day

30 days

DONE WHEN

Fifteen minutes a day of a language, a dance or a card game, on at least 25 of the 30 days.

REWARD

One lesson or class together, paid from the savings jar.

We agreed: _____

A shared playlist: each adds one song a day for 14 days

14 days

DONE WHEN

One song a day from each of you, with one line on why you chose it.

REWARD

Listen to the whole list together on day 15.

We agreed: _____

A 30 day no-takeout challenge, savings go to a shared reward

30 days

DONE WHEN

No ordered food and no ready meals at home. Eating out on a date does not count.

REWARD

The money not spent on delivery books a weekend away.

We agreed: _____

Fifteen minutes of tidying together every evening for two weeks

14 days

DONE WHEN

Fifteen minutes on a timer, both of you, every evening.

REWARD

An evening with no chores for either of you.

We agreed: _____

Own one new area of the home whole for a month, noticing included

30 days

DONE WHEN

The area stays at its written standard of done, without a reminder from the other.

REWARD

The owner picks which area the other takes over next.

We agreed: _____

A week where every chore has a written standard of done

7 days

DONE WHEN

Every chore has one line saying what done means, and nobody argues about whether it was done.

REWARD

Each of you skips one chore next week.

We agreed: _____

One decluttering box a weekend for six weeks

6 weekends

DONE WHEN

Six boxes left the house, donated or sold.

REWARD

What the sold things bring buys something for the home that you pick together.

We agreed: _____

A ten-minute kitchen reset after dinner, in turns, for 21 days

21 days

DONE WHEN

The kitchen reset in ten minutes before nine, the turn alternating every evening.

REWARD

One night off the kitchen for both, with food ordered in.

We agreed: _____

Plan the week on Sunday for four Sundays: meals, bins, laundry days

4 weeks

DONE WHEN

A written plan on the fridge every Sunday that both of you agreed to.

REWARD

A meal out when all four plans were kept.

We agreed: _____

Hand over one hidden job for a month: bills, appointments or gifts

30 days

DONE WHEN

The new owner does the noticing, planning and doing without a reminder.

REWARD

The person who handed it over gets a day off household admin.

We agreed: _____

One place neither of you has been, every month, for a year

12 months

DONE WHEN

Twelve places, each new to both of you, visited together.

REWARD

A trip chosen from the twelve.

We agreed: _____

A different route to the same coffee shop, ten weekends in a row

10 weekends

DONE WHEN

Ten different routes walked together.

REWARD

The last coffee is paid by whoever lost the vote for the best route.

We agreed: _____

Try one thing the other person loves and you have avoided, once a month

6 months

DONE WHEN

Six things tried with a good attitude for at least an hour.

REWARD

A thing of your choice that the other tries next.

We agreed: _____

A sunrise together once a month, no photos allowed

6 months

DONE WHEN

Six sunrises watched from the first light to the sun clearing the horizon, with no photos.

REWARD

Breakfast out after each one.

We agreed: _____

Plan a trip with a budget and a deadline, and book it on the deadline

up to 60 days

DONE WHEN

A trip booked on the deadline, within the budget.

REWARD

The trip itself.

We agreed: _____

A free day out every month, found only by walking out the door

4 months

DONE WHEN

Four days out with no booking and spending under a small limit you set before.

REWARD

A paid treat after the fourth one.

We agreed: _____

Cook a dish from a country you have never visited, once a week for six weeks

6 weeks

DONE WHEN

Six dishes from six countries, cooked together.

REWARD

A restaurant from the country you rated best.

We agreed: _____

A 24-hour screen-free day once a month

3 months

DONE WHEN

Three days of 24 hours with phones off or out of reach, except for emergencies.

REWARD

A long breakfast the morning after each one.

We agreed: _____

A no-spend weekend every other week for two months

8 weeks

DONE WHEN

Four weekends with no spending beyond bills already due.

REWARD

The money not spent goes into the shared jar for something you choose.

We agreed: _____

Track every shared expense for 30 days, then decide one thing to cut

30 days

DONE WHEN

Every shared expense logged within a day, and one cut agreed on day 31.

REWARD

The first month's saving from the cut pays for a treat.

We agreed: _____

Both in bed by eleven for 21 nights

21 days

DONE WHEN

Both of you in bed by eleven on at least 18 of the 21 nights.

REWARD

A sleep-in morning for both.

We agreed: _____

Ten thousand steps each, five days a week, for a month, checked together

4 weeks

DONE WHEN

Twenty days with ten thousand steps each, checked on the same evening every week.

REWARD

A day hike you plan together.

We agreed: _____

Cancel one subscription a week for a month

4 weeks

DONE WHEN

Four subscriptions cancelled that neither of you used last month.

REWARD

A month of savings goes to something you do together.

We agreed: _____

A weekly 15-minute money meeting for eight weeks

8 weeks

DONE WHEN

Eight meetings with the same agenda: money due, bills due, one decision.

REWARD

A small treat from the fun money after each meeting.

We agreed: _____

A savings jar: both put in the same small amount every day for 60 days

60 days

DONE WHEN

The amount fixed on day one and put in every day by both of you.

REWARD

The jar pays for the goal you named on day one.

We agreed: _____

Cook at home five nights a week for four weeks

4 weeks

DONE WHEN

Twenty home-cooked dinners.

REWARD

One restaurant meal paid from the money you did not spend on takeout.

We agreed: _____

Ten minutes of stretching together every morning for 21 days

21 days

DONE WHEN

Ten minutes together on at least 18 of the 21 mornings.

REWARD

A class or a massage you book together.

We agreed: _____

Who finishes their book first; the loser cooks the winner's favorite dinner

up to 30 days

DONE WHEN

The first to finish the last page, as confirmed by the other.

REWARD

The winner's favorite dinner, cooked by the loser.

We agreed: _____

Who keeps their streak longer on any challenge above; the loser owes a free evening

the length of the chosen challenge

DONE WHEN

The longest streak when the challenge ends, as counted by both.

REWARD

A free evening for the winner.

We agreed: _____

A guess on the final score, the weather, the delivery time; small stake, you two call it

one event

DONE WHEN

The closest guess when the result comes in.

REWARD

The small stake you agreed before the guess.

We agreed: _____

Who can go longer without checking the news; the loser plans date night

up to 7 days

DONE WHEN

The last one to check wins, and each of you reports your own check honestly.

REWARD

The loser plans and pays for date night.

We agreed: _____

Who nails the recipe on the first try; the winner picks the next challenge

1 evening

DONE WHEN

You both cook it and each rate the two plates from 1 to 10, and the higher total wins.

REWARD

The winner picks the next challenge.

We agreed: _____

Who walks more steps in a week; the loser does the winner's least favorite chore

7 days

DONE WHEN

The higher step total on the phones on Sunday evening.

REWARD

The loser does the winner's least favorite chore once.

We agreed: _____

Who wakes first on weekdays for two weeks; the loser makes weekend coffee

14 days

DONE WHEN

The more weekdays you woke before the other, counted at the end.

REWARD

Coffee in bed on the weekend.

We agreed: _____

Who guesses more of the other's favorites: ten questions about films, meals and songs

1 evening

DONE WHEN

The most correct answers out of ten, written down before you check.

REWARD

The winner picks the film.

We agreed: _____

YOUR OWN CHALLENGE

CHALLENGE, IN ONE SENTENCE

PERIOD

DONE WHEN

REWARD

We agreed:

YOUR OWN CHALLENGE

CHALLENGE, IN ONE SENTENCE

PERIOD

DONE WHEN

REWARD

We agreed:

YOUR OWN CHALLENGE

CHALLENGE, IN ONE SENTENCE

PERIOD

DONE WHEN

REWARD

We agreed:

YOUR OWN CHALLENGE

CHALLENGE, IN ONE SENTENCE

PERIOD

DONE WHEN

REWARD

We agreed:
