



Your marriage can be refreshed in 31 days. H.W.R.M. is asking you to make a commitment to this challenge, just by choosing “One a Day.” So, let’s begin this challenge together on August 1st - 31st and experience the difference in your marriage. (*Challenge can be repeated monthly.)

August “31 Day Challenge”

<i>Pray & read together (strengthens relationship)</i>	<i>Don’t just hear, LISTEN</i>
<i>Express the trust you have in one another</i>	<i>If apart, call and/or text often</i>
<i>Sub-name call (Sweetheart, Honey) – Be Nice!</i>	<i>Hold hands when out (PDA)</i>
<i>Ask...Is there anything I can do to help?</i>	<i>Flirt throughout the day (text, calls, looks)</i>
<i>Give a backrub or foot rub</i>	<i>Leave a note or letter</i>
<i>Compliment and encourage each other</i>	<i>No electronics (Tech Free Day)</i>
<i>Be patient with one another</i>	<i>I forgive you</i>
<i>Wife initiate sex</i>	<i>Be respectful at all times</i>
<i>I need you or want you because.....</i>	<i>Movie day (home or theater)</i>
<i>Date day/night</i>	<i>Go for a drive</i>
<i>Husband initiate sex</i>	<i>Sex in a different location</i>
<i>Cook to please the other and fix his or her plate (Pleasurable meal)</i>	<i>Dance to your wedding song</i>
<i>Help each other to get dressed and/or undressed</i>	<i>Game Night (cards, board game, etc)</i>
<i>Eat at the table together</i>	<i>Share a fantasy</i>
<i>Kiss more</i>	<i>Give him/her a massage</i>
<i>Cuddle</i>	<i>Plan a simple trip</i>
<i>Go to bed together</i>	<i>Take a selfie together and post to or tag H.W.R.M.</i>
<i>Take a casual walk or workout together</i>	<i>Thank each other for something</i>
<i>Eat healthy</i>	<i>NO Girls/Guys Night pass</i>
<i>Remind spouse he/she comes before others (parents, kids, family, friends, job, etc..)</i>	<i>Watch your spouse favorite show with him/her (no complaining or distractions)</i>