



MATERIALS *List*

This list contains EVERYTHING you need to pull off the 30 Day Love Challenge. Round up all of your needed supplies and you'll be all set to start lovin' your honey!

1 DAY 1

Survey & Questionnaire

- Love Quest Survey
- Favorite Things Questionnaire

2 DAY 2

Sexy Survey

- Sexy Survey

3 DAY 3

Text Messages

- Cell phone
- Small gift that could fit in a glove box
- Desired bedroom accessories (lingerie, toys, romantic playlist, etc.)

4 DAY 4

Netflix Binge Night

- Netflix account
- Favorite snacks
- Netflix Binge Night Printables

5 DAY 5

Drink Love Notes

- Spouse's favorite drink
- Drink Love Notes printable

6 DAY 6

Sexy Tic-Tac-Toe

- Sexy Tic-Tac-Toe
- Favorite snacks
- Massage oil/lotion

7 DAY 7

Spouse Scattergories

- Spouse Scattergories
- Timer

8 DAY 8

Service Coupon

- Service Coupon printable



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9

DAY 9

Lyric Love Notes

- Lyric Love Notes printable

10

DAY 10

Lunch Bag Love

- Lunch Bag Love printables
- Lunch bags

11

DAY 11

Library Date Night

- Library Date Night printables
- Library card (optional)

12

DAY 12

Nutrition Label

- Nutrition Label printables
- Spouse's favorite treat

13

DAY 13

Violation Ticket

- Violation Ticket printable
- Any items you need for the "fines"

14

DAY 14

If The Shoe Fits

- If The Shoe Fits printable
- Cute twine for laces

15

DAY 15

Menu of Services

- Menu of Services printable [here](#) or [here](#)
- Ingredients for favorite dinner and/or breakfast in bed
- Nightcap of choice
- Intimate bedroom game
- Massage lotion/oil
- Additional items to personalize the printable

16

DAY 16

Surprise Download

- No materials needed. Just grab your credit card and make your spouse's day a little brighter!



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17 DAY 17

Love Postcards

- Love Postcard printables
- Envelope and stamp

18 DAY 18

The Gift of You

- The Gift of You printables
- Long ribbon

19 DAY 19

Punny Love Notes

- Punny Love Notes printable

20 DAY 20

Shower Love Notes

- Shower crayons

21 DAY 21

Pillow Talk

- Pillow Talk Conversation Starters printables

22 DAY 22

Spouse's Choice Date

- Spouse's Choice Date Night printable
- Any materials needed to create the date!

23 DAY 23

Spin the Bottle

- Sexy Spin the Bottle Card Game printable
- Small bottle
- Desired bedroom accessories (lingerie, massage oil, toys, etc)

24 DAY 24

Clean Car Surprise

- Clean Car Surprise Printable
- Car cleaning supplies
- Gas money to fill the tank



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25 DAY 25

Selfie Date Night

- But First, Let's Take a Selfie printables
- Instagram account
- Camera

26 DAY 26

Five Senses Gifts

- 5 Senses Gift Tag printables
- 5 Small Gifts relating to each of the 5 Senses: Touch (massage oil, lotion), Taste (chocolate or favorite treat), Smell (cologne, candle), Sound (iTunes gift-card, romantic playlist), Sight (lingerie, something sexy to SEE you in!)

27 DAY 27

Video Message

- Just you and your camera/phone

28 DAY 28

Date Night Bucket List

- Yearly Date Night Bucket List printables

29 DAY 29

Sexy Honey Do List

- Sexy Honey Do List printables

30 DAY 30

Sticky Love Notes

- Sticky Love Notes printable
- Standard sized Post-it notes