

# HEALTHY DATE NIGHT

## *bucket list*

### COMPETE

- In the Amazing Race
- In a mud run
- on the tennis court
- on the trampoline
- Playing basketball
- in a game of ping pong
- on the volleyball court
- in a pillow fight
- at the batting cages
- in a bowling league
- Playing disc golf
- While biking
- in the swimming pool
- Playing hockey
- Playing yard games
- at an arcade
- in a game of darts
- on the soccer field
- Playing tag
- in a game of laser tag
- jumping rope
- in a triathlon of favorites
- holding your breath
- in a 5k-marathon race
- in the bedroom

### LEARN

- to dance hip hop
- a ballroom dance
- an instrument
- to paint
- archery
- to garden
- kickboxing
- to sing karaoke
- some trivia
- to swing dance
- Tai chi
- to wake board
- Photography
- at a museum
- CPR
- to snorkel
- self defense
- to build something
- at the planetarium
- to rock climb
- massage therapy
- to country line dance
- zumba
- a comedy routine
- a new position

### EXPERIENCE

- hiking
- horseback riding
- kayaking
- walking for a cause
- planking in the park
- white water rafting
- tubing down a river
- a zipline
- a cooking class
- Paddleboarding
- ice skating
- skiing/snowboarding
- snowshoeing
- a symphony
- watching the sunset
- watching the sunrise
- paintballing
- volunteer work
- sledding
- a pottery class
- birdwatching
- a scavenger hunt
- meditating
- P90X
- sex

### EXPLORE

- a water park
- on a sail boat
- a theme park
- doing yoga
- a ropes course
- the city like a tourist
- while geocaching
- your college campus
- while rollerskating
- a gymnastic foam pit
- in an orchard
- the country fair
- a waterfall
- the beach
- a shopping mall
- an art gallery
- at an outdoor concert
- the golf course
- a good book together
- on a fishing boat
- a castle
- the zoo
- a farmer's market
- on a hot air balloon
- each other

