

# FIT CARD

# MARRIAGE DATE NIGHT

## *Our Mini-Dreams*

### Best Use

As a date night discussion guide

### Nutritional Value

Nurtures a pattern of fun dates and creative times for couples to connect with each other throughout the year

### Advance Preparation

- Schedule a dinner or coffee date within the next few weeks
- Each spouse check at least 3 items found on the reverse side he or she would like to do together

### During The Date

1. Each spouse takes turns sharing their top 3 choices
2. Spend some time dreaming up other things to do together
3. Plan and schedule two additional dates – taking turns selecting from this list to start mini-living your mini-dreams.

### Mini-Dreams Activities

Check all that you would enjoy doing with your spouse.

- Go bowling
- Go to a museum
- Find new games to play
- Take a cooking class
- Go dancing/dance lessons
- Camp out-in the house or yard
- Movie marathon
- Go to the zoo
- Find a new hobby together
- Go to a concert
- Have a progressive dinner date night
- Put a puzzle together
- Find a drive-in movie or have your own in the backyard
- Find a way to serve together
- Go on walks
- Play on a playground
- Work in the yard/garden
- Go through old pictures, share wonderful memories
- Put together your family tree
- Go on a road trip
- Try a new restaurant
- Meet a new neighbor; bring them goodies you baked
- Go roller-skating
- Play putt-putt golf
- Go horseback riding
- People watch at the mall
- Eat on your good china
- Plant a tree together
- Pick blueberries/peaches to make something with the fruit
- Make activity coupon books for each other
- Go to a musical
- Have a massive food fight or water fight
- Go on a scavenger hunt; make scavenger hunts for each other
- Spend preset amount of money on each other window shop with “pretend” money
- Go to an IMAX film
- Take a photography class
- Go fishing
- Build a fire to make smores
- Rent a favorite movie the other has not seen
- Star gaze/to the Aquarium
- Fly a kite together
- Ride go-carts
- Build something together
- Go to a sporting event
- Run through the sprinkler
- Do day trips to small towns
- Ride bikes or trail hike
- Go bird watching
- Start collecting something
- Make a list of compliments to share with each other
- Find a new recipe, grocery stop and cook it together
- Pray aloud for each other

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Family Life

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