



INTIMACY CHALLENGE

CHECKLIST

DavidnWendy.com

- 1. ROMANTIC PICNIC IN THE PARK**

Pack a basket with your favorite foods and enjoy a picnic together under the stars.
- 2. DIY COUPLES PAINT NIGHT**

Set up a canvas and paints at home and create artwork together, expressing your love and creativity.
- 3. BUBBLE BATH FOR TWO**

Fill up the bathtub with bubbles, light some candles, and enjoy a relaxing bath together.
- 4. MOVIE MARATHON**

Have a movie night at home, cuddled up on the couch with your favorite films and snacks.
- 5. COOKING CLASS AT HOME**

Choose a new recipe to try together and have fun cooking a delicious meal as a team.
- 6. SEXY DESSERT TASTING**

Blindfold each other and feed each other different desserts, focusing on sensual tastes and textures.
- 7. BEDROOM DANCE PARTY**

Create a playlist of your favorite songs and dance together in the bedroom, letting loose and having fun.
- 8. DIY SPA NIGHT**

Transform your home into a spa with homemade face masks, massages, and pampering treatments.
- 9. LOVE LETTER EXCHANGE**

Take some time to write heartfelt letters to each other, expressing your love, appreciation, and desires.

10. STARGAZING ADVENTURE

Find a cozy spot outdoors away from city lights and spend the evening stargazing together.

11. COCKTAIL MAKING CONTEST

Challenge each other to create unique cocktails using ingredients you have at home and then enjoy tasting.

12. MEMORY LANE WALK

Take a walk down memory lane. Look through old photos or home videos, reminiscing about your favorite moments as a couple.

13. DIY INDOOR CAMPING

Set up a blanket fort in your living room, complete with fairy lights and snacks, and spend the evening camping indoors together.

14. BOARD GAME BATTLE

Have a board game night and compete against each other in your favorite games, adding a fun and competitive edge to your evening.

15. MIDNIGHT SNACK ADVENTURE

Go on a late-night adventure to your favorite 24-hour diner or food truck for a spontaneous and delicious snack.

16. DIY KARAOKE NIGHT

Sing your hearts out with a karaoke session at home, performing duets and cheesy love songs together.

17. SENSUAL MASSAGE EXCHANGE

Take turns giving each other sensual massages with scented oils, focusing on relaxation and intimacy.

18. SPONTANEOUS ROAD TRIP

Pack a bag and hit the road for a spontaneous adventure, exploring new places and creating memories together.

19. CREATE A VISION BOARD

Spend the evening creating a vision board together, visualizing your goals and dreams as a couple.

- 20. SECRET INGREDIENT COOKING CHALLENGE**
Choose a secret ingredient and challenge each other to come up with unique dishes using that ingredient, then enjoy a delicious dinner together.
- 21. WATCH THE SUNSET**
Find a beautiful spot to watch the sunset together, enjoying each other's company and the beauty of nature.
- 22. FONDUE NIGHT**
Set up a fondue station at home with cheese or chocolate fondue and a variety of dippable treats for a cozy and romantic evening.
- 23. COUPLES YOGA SESSION**
Follow along with a couples yoga routine to stretch, relax, and connect with each other both physically and emotionally.
- 24. SCENTED CANDLE MAKING**
Get creative and make your own scented candles together, customizing the scents to evoke romance and intimacy.
- 25. DIY WINE TASTING**
Pick up a few different bottles of wine and have your own wine tasting at home, trying out different varieties and discussing your favorites.
- 26. PAINT AND SIP NIGHT:**
Set up an easel, canvas, and paints at home, then sip on your favorite drinks while you paint together.
- 27. MIDNIGHT PICNIC IN THE BACKYARD**
Spread out a blanket in the backyard and enjoy a romantic picnic under the moonlight.
- 28. DIY MOVIE THEATER NIGHT**
Turn your living room into a cozy movie theater with blankets, popcorn, and your favorite films playing on the big screen.
- 29. STARLIT DANCE PARTY**
Dance together under the stars in your backyard, creating your own magical moment.

30.INDOOR PICNIC BY CANDLELIGHT

Set up a picnic indoors with candles, fairy lights, and your favorite finger foods for a romantic evening at home.

31.SUNRISE BREAKFAST DATE

Wake up early to watch the sunrise together, then enjoy a cozy breakfast in bed.

32.DIY ICE CREAM SUNDAE BAR

Set up a DIY ice cream sundae bar at home with various toppings and create delicious sundaes together.

33.OUTDOOR MOVIE NIGHT

Set up a projector in your backyard or balcony and have a romantic movie night under the stars.

34.INTIMATE PILLOW TALK

Set aside time to have deep, meaningful conversations about your desires, fantasies, and insecurities, fostering emotional intimacy and trust.

35.SCENIC DRIVE WITH PLAYLIST

Take a scenic drive together with a specially curated playlist, enjoying each other's company and the beautiful views.

36.BOOKSTORE ADVENTURE

Spend the evening browsing a bookstore together, picking out books for each other and sharing your favorite reads.

37.PLANT A GARDEN TOGETHER

Spend an evening planting flowers or herbs together in your garden or on your balcony.

38.CREATE A TIME CAPSULE

Put together a time capsule with mementos and memories of your relationship, then bury it in a special spot to dig up in the future.

39.TASTE TEST CHALLENGE

Blindfold each other and feed each other various aphrodisiac foods, such as strawberries, oysters, and dark chocolate, focusing on sensual tastes and textures.

40. WRITE AND BURN WORRIES

Write down any worries or stresses you have, then burn the papers together as a symbolic release.

41. PHOTOGRAPHY ADVENTURE

Take a walk together with a camera and capture special moments and beautiful sights in your neighborhood.

42. CANDLELIT DINNER AT HOME

Prepare a romantic candlelit dinner at home, complete with your favorite dishes and drinks.

43. DIY SUSHI NIGHT

Roll your own sushi at home and enjoy a fun and delicious dinner together.

44. CREATE A COUPLE'S PLAYLIST

Compile a playlist of songs that remind you of each other and your relationship, then listen to it together and reminisce.

45. FANTASY ADVENTURE NIGHT

Share your dreams and aspirations with each other, imagining exciting future experiences together.

46. LEARN A NEW DANCE TOGETHER

Watch online dance tutorials and learn a new dance together, laughing and having fun as you practice.

47. CREATE A MEMORY JAR

Write down favorite memories and moments on slips of paper and put them in a jar to revisit together in the future.

48. DIY CHOCOLATE TASTING

Buy a variety of chocolates and have a chocolate tasting night, savoring the different flavors and textures.

49. DIY HOME IMPROVEMENT PROJECT

Pick a small home improvement project to work on together, such as painting a room or building a piece of furniture.

- 50.RELATIONSHIP Q&A GAME**

Play a question-and-answer game where you take turns asking each other deep or thought-provoking questions about your relationship, feelings, and aspirations.
- 51.MINDFUL TOUCH MEDITATION**

Practice mindfulness together, focusing on touch and presence to strengthen emotional connection.
- 52.TRUST-BUILDING ACTIVITIES**

Engage in activities that require trust, such as blindfolded exercises or trust falls, to deepen intimacy.
- 53.PRIVATE BOOK CLUB**

Choose a book to read together and have your own private book club discussion, sharing your thoughts and insights.
- 54.EYE CONTACT PRACTICE**

Spend time gazing into each other's eyes, allowing vulnerability and understanding to deepen.
- 55.PUZZLE NIGHT**

Work on a jigsaw puzzle together, enjoying each other's company and the satisfaction of completing the puzzle
- 56.CREATE YOUR OWN WINE LABELS**

Design and print custom labels for bottles of wine, adding a personal touch to your favorite drinks.
- 57.DIY GAME NIGHT**

Create your own board game or card game together and enjoy playing it with each other.
- 58.PLAN YOUR DREAM VACATION**

Spend the evening researching and planning your dream vacation together, discussing destinations and activities.
- 59.DIY CHOCOLATE TRUFFLE MAKING**

Make your own chocolate truffles at home and enjoy indulging in your delicious creations.

60.CREATE A SCRAPBOOK OF YOUR RELATIONSHIP

Gather photos and mementos of your relationship and create a scrapbook to document your journey together.

61.DIY CANDLE MAKING

Spend an evening making your own candles together, experimenting with scents and colors.

62.SOOTHING SOUNDS EXPERIENCE

Listen to calming music or nature sounds together, allowing relaxation and peace to deepen your bond.

63.NATURE EXPLORATION

Take walks together in nature, appreciating the beauty around you and enjoying each other's company.

64.COMFORTABLE SLEEPOVER

Spend a cozy night together cuddling, talking, or simply enjoying each other's presence.

65.GRATITUDE PRACTICE

Take turns expressing gratitude for each other and the relationship, strengthening appreciation and connection.

66.DREAMSCAPE COLLAGE

Make collages depicting your individual dreams and aspirations for the future. Share your visions and discuss how you can support each other in achieving your goals.

67.AFFECTIONATE AFFIRMATIONS

Take turns expressing affirmations and compliments to each other daily. These can be written notes, spoken words, or gestures of affection that reinforce your love

68.CREATE YOUR OWN SIGNATURE COCKTAIL

Experiment with different ingredients to create your own signature cocktail together, then toast to your creation.

69.PLAN A SURPRISE DATE NIGHT

Take turns planning surprise date nights for each other, keeping the plans a secret until the last minute.

70.CREATE A COUPLE'S BUCKET LIST

Write down activities and experiences you want to do together and create a bucket list to accomplish them.

71.DIY PIZZA NIGHT

Make homemade pizzas together, experimenting with different toppings and sauces.

72.KARAOKE NIGHT AT HOME

Sing your hearts out with a karaoke session at home, performing duets and serenading each other.

73.EMOTIONAL TREASURE HUNT

Create a scavenger hunt with clues leading to locations or objects that hold sentimental value for both. Each prompts discussions about your shared memories and feelings.

74.CREATE YOUR OWN LOVE LANGUAGE

Come up with your own unique love language or secret code words that only the two of you understand.

75.DIY PHOTO BOOTH

Set up a DIY photo booth at home with props and costumes, then have fun taking silly and romantic photos together.

76.WRITE AND EXCHANGE LOVE POEMS

Take the time to write romantic poetry for each other and exchange your heartfelt verses.

77.STORYTIME SESSIONS

Dedicate time taking turns reading passages from your favorite books to each other. Discuss the emotions evoked and reflect on how they relate to your own relationship.

78.DIY WINE AND CHEESE TASTING

Buy a selection of wines and cheeses and have your own wine and cheese tasting night at home.

79.CREATE YOUR OWN LOVE COUPONS

Design and create personalized love coupons for each other, redeemable for romantic gestures and favors.

80.APPRECIATION NOTES

Take turns leaving short handwritten notes of appreciation for each other in unexpected places, like in a lunchbox, on the bathroom mirror, or tucked into a book.

81.CREATE YOUR OWN SIGNATURE SCENT

Experiment with essential oils to create your own signature scent together, blending different fragrances until you find the perfect combination.

82.CREATE A RELATIONSHIP TIMELINE

Create a timeline of your relationship, including milestones, special moments, and shared memories.

83.BREAKFAST IN BED

Surprise your partner with a homemade breakfast in bed, complete with their favorite foods and drinks.

84.TECH-FREE TIME

Designate specific times during the week where you both agree to put away electronic devices and engage in quality time together without distractions.

85.PLAN A WEEKEND GETAWAY

Research and plan a spontaneous weekend getaway to a nearby destination, exploring new places and creating memories together.

86.CHOCOLATE COVERED STRAWBERRIES

Make chocolate-covered strawberries together, dipping and decorating them with various toppings.

87.PLAN YOUR DREAM HOME

Spend the evening planning and designing your dream home together, discussing layouts, decor, and features.

Want more challenges for an even deeper connection?

CLICK HERE



It's simple. We won't spam you. Every week or so, we will send an email with practical tools and resources to keep your relationship hot and sizzling.
that's it!!