

Pre-Game Date Night Rules:

Often in marriage, some things that are so easily lost in the day-to-day struggles of life are laughing and having fun with each other. Date Night is all about having a good time and enjoying each other again. Follow the F.U.N. rules for the night and have fun!

F - Forget the deadlines, schedule, grocery list, and budget discussions for the night. Date Night is reserved for romance, fun, and laughter.

U - Undivided attention is what you must give each other... Turn off the cell phone (leave on vibrate in case of an emergency), emails and especially social media except to post your awesome Date Night selfies.

N - No complaining, criticism, or negative talk. Date Night is a “conflict free” zone.

IMPORTANT: If your spouse breaks F.U.N, call a “penalty” and politely remind them that we are having F.U.N. tonight!

Putting Together the Game Plan for Date Night

1. Find a day that's perfect for Date Night and mark it on your calendar.
2. Decide if you will be going out or staying in.
3. If you need to, set up childcare for the little ones. Date Nights are best with just the two of you.
4. Make it festive and dress up in your favorite team's apparel (optional).
5. Be intentional with your spouse and have fun. Consider an activity that you will enjoy and make memories doing together—miniature golf, walk in a park/neighborhood, a board game, axe throwing, an art class, make or build something together.
6. Coin Toss: Every football game begins with a coin toss to see who will get the ball first. Flip a coin. Wife gets to call heads or tails as the coin is being tossed. Whoever wins the coin toss decides where or what to eat. Repeat the coin toss to see who decides the fun activity after dinner.