

The Daily Double 30-Day Challenge



Name

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	The Daily Double 30-Day Challenge. Twice a day – for 30 consecutive days – say or do something that communicates to your partner that you love, value or appreciate them.				

Reflections