

CONNECTION / PLANNER

Date Night Planner & Idea Cards

Choose a date that fits your energy, budget and calendar, with twelve adaptable ideas and space to plan what matters.

6 pages | 15 minutes to plan

A good way to use this

1. Each person names their energy, spending comfort and one preference.
2. Choose an idea that fits both answers; adapt it freely.
3. Write the time and practical details so one person does not carry the whole plan.

Inside your resource

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Print at Actual Size on US Letter, or Fit on A4. These are printable pages, not fillable forms. Write on paper or use your PDF reader's annotation tools. On a phone, the resource webpage offers a readable text version.

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01 / Date Night Planner & Idea Cards

Pick the kind of evening

Start with the constraints. Naming them is useful, not unromantic. You do not need to spend the same amount as anyone else to have a worthwhile time together.

EXAMPLE "I have enough energy for a walk and takeaway, but not a crowded restaurant. Could we stay within our usual dinner budget?"

01 My energy is low, medium or high. What would fit that today?

Partner A

Partner B

02 A spending limit I am comfortable with, including travel or care costs:

Partner A

Partner B

03 One thing I would enjoy and one thing I would rather skip:

Partner A

Partner B

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02 / Date Night Planner & Idea Cards

Six dates at home

Circle one idea you both like. Use what you already have and adapt the plan to your energy.

01

Make a tasting plate from food already at home. Each person picks one favorite.

02

Play three songs each and tell the story behind one.

03

Choose a simple recipe and divide shopping, cooking and cleanup before starting.

04

Have a living-room picnic with devices out of reach.

05

Learn a small skill from a short tutorial, then laugh at the first attempt.

06

Pick three conversation cards and enjoy a drink you already like.

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03 / Date Night Planner & Idea Cards

Six small adventures

These can stay close to home. Check opening times, access needs and any costs before setting out.

01

Walk a familiar route and take turns pointing out details you normally miss.

02

Visit a library and find a book you would choose for each other.

03

Take a photo walk with a theme, such as surprising colors or tiny details.

04

Revisit a place from early in your relationship and notice what has changed.

05

Try a free local event and agree how long you want to stay.

06

Take a drink to a nearby park and each choose one thing you want to make time for this month.

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Make one date happen

Write down who owns each detail. Choosing the activity is only one part of the planning; arranging time, travel or care also takes effort.

EXAMPLE "Thursday, 7:30-8:15 at home. One of us makes tea; the other chooses three questions. If work runs late, we move it to breakfast Saturday."

01 Date, start and end time, place, and spending limit:

Our notes / the named person's response

02 Who handles supplies, transport, care arrangements and cleanup?

Our notes / the named person's response

03 Our low-energy or bad-weather backup is...

Our notes / the named person's response

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05 / Date Night Planner & Idea Cards

Keep what you both enjoyed

Answer after the date or the next day. This is feedback about the plan, not a rating of your partner's effort.

EXAMPLE "I liked walking without deciding where to eat. Next time, could we eat first so we are not distracted by being hungry?"

01 The part I felt most present for was...

Partner A

Partner B

02 One detail I would simplify or change next time is...

Partner A

Partner B

03 An idea I would happily repeat, and a possible next date:

Partner A

Partner B

Keep a little time for each other.

Keep the connection going after your date with a daily question in the Connected Couples App. Explore the app's date-night features if you want more ideas.