THE PHONE-DOWN DATE NIGHT RESET

Thirty minutes. No competing tabs. Just the person in front of you.

A PRINTABLE GUIDE FOR CHOOSING US, AGAIN AND AGAIN.

PHONE-DOWN DATE NIGHT RESET

A low-pressure reset for giving each other your full attention.

TONIGHT'S WINDOW

Date _____

Start time _____

Phones go here _____

We will check them again at _____

PICK ONE SHARED THING

- [ ] Make a late snack together
- [ ] Take a slow walk
- [ ] Put on one song each
- [ ] Choose our own thing

ASK BETTER THAN "HOW WAS YOUR DAY?"

What made you feel most like yourself this week?

_____

_____

ONE MORE THING

What would make this weekend feel good, not just productive?

_____

_____

Before the phones come back, name one thing you enjoyed.

Keep it easy. The point is presence, not performance.