

A close-up photograph of a couple's hands clasped together, walking on a city street. The person on the left is wearing a light-colored, short-sleeved shirt and white shorts. The person on the right is wearing a blue button-down shirt with rolled-up sleeves and a silver metal watch. The background is a blurred city street with trees and buildings.

Remble's **GUIDE TO THE PERFECT DATE NIGHT**

Regular date nights are a great way for couples to spice up their relationship and try something new together.

If you haven't planned a date night or you want to ensure that you have the best date night possible, this guide will get you started!



ABOUT DATE NIGHTS



Date nights are perfect for couples who want to relive the joy of when they first dated, continually discover new things about each other, and spark passion and intimacy.

However, planning the perfect date night is not something you should leave to chance. This is a rare opportunity for you to spend time with your partner without distraction. So plan well!

The Perks

Couples who build date nights into their relationships experience better communication, more love and appreciation for one another, and a desire to spend more time together.

As well, date nights lead to more shared time, which in turn, creates higher levels of sexual satisfaction!



The Da's

PLAN SOMETHING MEMORABLE

Memorable activities
make your time together more enjoyable.

DRESS YOUR BEST

Look nice for your partner. Dress up!

SHOW AFFECTION

Hold hands, sit close together, and cuddle.

BE FLIRTATIOUS

Wink at each other. Pinch their booty!

TRY NEW THINGS

Try something you've never done before.

BE PLAYFUL AND LET LOOSE

Playful and creative activities bring joy, vitality,
and resilience to relationships.

CHOOSE ACTIVITIES THAT REQUIRE COOPERATION

Doing things as a team is great for bonding.



The Don'ts

DON'T JUST PICK DINNER OUT

Dinner is the bare minimum. If you do pick dinner, make it a point to try someplace unique.

DON'T DO THINGS THAT ONLY YOU ENJOY

Consider what your partner likes.
Date nights are about both of you.

DON'T BRING UP PROBLEMS AND BORING STUFF

A date night should be fun and a distraction from troubles.
It's not the time to talk about bills, chores,
or try to resolve problems.

DON'T SPEND MORE THAN YOU BUDGET

Set an affordable budget and stick to it.

DON'T TALK ON YOUR PHONE

Put your phones on silent and put them away.

DON'T OVERPLAN

Novelty and spontaneity may lead to your finest memories
and most significant discoveries about each other.





HOW OFTEN SHOULD YOU HAVE A DATE NIGHT?

There are no hard and fast rules about how often you should have a date night, but most couples do well with one every week or two. How often you and your partner schedule these dates depends on many things.

First, think about how much you need to get away from your everyday life to keep the spark alive.

Some couples might like being on their own during the week and having a weekly date on Friday night. Whereas other couples might want to spend more time together, so they plan three date nights a week.

No matter what you decide, make sure that each of you can say what you need and want.

You should also consider your schedules and check that date nights easily fit without conflict with other responsibilities or activities.

Last, pay attention to quality, not quantity.

If you focus too much on how many date nights you have, you'll soon start to see them as something you must do and need to check off your list.

Be Creative

Date nights don't have to be expensive to be fun.

You'll be surprised at how creative you can be when money is tight.

It's all about using your imagination!



One week before

- Decide on the activity.
- Double check operating hours of the venue.
- Estimate driving times and anything time sensitive.
- Make a reservation if required.
- Find a babysitter.
- Have a plan B just in case.



The day before

- Confirm your babysitter.
- Confirm your reservations.
- Tease your partner with a reminder (e.g., text "one more day 'til date night!").
- Get your outfit ready and any equipment if needed.



Date Night Ideas

Cheap & cheerful

Find a free concert.

Have a picnic.

Binge-watch a TV series.

Watch a movie (take turns choosing).

Volunteer at an animal shelter
or food bank.

Go to a free fitness or yoga class.



Fun & competitive

Have a board game night.

Play snooker or pool.

Go to an arcade and play a two-person game.

Play cards.

Attend a trivia night.

Race go-karts.



Educational & Entertaining

Visit a museum.

Tour local art galleries.

Attend a seminar (e.g., at your local library).

Go to a book reading.

Visit a zoo or aquarium.

Go to a play.



Active

Take a hike.

Go roller skating.

Go rock climbing.

Swim at a public pool.

Attend a yoga class.

Go on a bike ride—separate bikes or tandem.

Relaxing

Get a couples massage or give each other one.

Take a bubble bath together.

Watch the sunrise or sunset.

Read a book to each other.

Meditate together.

Do a jigsaw puzzle together.



Discovering

Read one another's tarot cards.
Explore a new neighborhood.
Go to expensive open houses.
Test drive your dream car.
See a psychic.
Go for a walk and talk.



For foodies

Visit a farmer's market and eat samples.
Take a wine or brewery tour.
Go to a beer or wine tasting.
Have a romantic dinner out.
Make a special meal for each other.
Try a food truck.

Staying at home

Attend a virtual seminar.
Watch an educational or fun YouTube.
Stream a live concert or play.
Rent a karaoke machine.
Take a bubble bath together.
Read a book to each other.





Long distance

Watch a streaming movie connected by phone, Zoom, FaceTime, Skype, or WhatsApp. Go for a walk with your partner on the phone (use headphones or FaceTime).

Take your online conversation to the bathtub. Cook or bake together.

Set your phone on a stand or open your laptop and stream your cooking session.

Ask deep questions using Remble's Relationship Conversation prompts.

Don't delay!

Don't wait for problems to arise if your relationship is going well and you want it to last and thrive. Adding date nights to your relationship today will pay off in the long run.

Perhaps this evening, when you're both relaxing on the sofa watching TV, turn to your partner and ask, "Hey, sweetheart, how about we plan a date night?"



About Remble

At Remble, we believe that everyone can have amazing relationships.

We're a one-stop app for better relationships with simple tools and exercises made by licensed therapists.

Having trouble getting past big problems in your relationship?

We've got you covered with 1-21 day video courses.

Want to help your relationship grow stronger?

We have fun activities like having deep conversations and complimenting one another.

Want to boost your self-esteem, handle feelings better, calm your mind, or reduce stress?

We've got your back with journaling, affirmations, meditations, breathwork, and training in life coping skills.

Get started with Remble today!

Your first seven days are free!



It's quick and to the point and there's a wealth of knowledge... basically it's kind of like one place for everything in a relationship.

Definitely a lot more helpful than scrolling through endless options on YouTube.

I love how I can just write my thoughts in it [journal]. It says it's private too, so that's good. I like privacy. It has a lot of options and prompts to really help out.

The UI UX [design and navigation] is exceptional. It's super clean, very easy to navigate around, uncluttered, and content is easy to find. This is the way you do it!

It's a great app. I'm really glad that it exists because especially through the pandemic our connections with people and relationships have been one of the biggest things to suffer...and there's a variety of mental health professionals that contribute to [Remble]. I think that's really cool!"



www.remble.com

