

30-Day Connection Calendar

ZEALEL | LONG-DISTANCE COUPLES | DAYS 01-10

Start date: _____ Your time zones: _____

Start any day. Agree on a reply window. Skip, swap or repeat what works for both of you.

-
- ☐ **01 A small win** Live or async | 5 minutes
- Each share one small win from today. Reply with the detail you were happiest to hear.
-
- ☐ **02 Your morning view** Async | 5 minutes
- Send one photo from your morning and explain what happened just outside the frame.
-
- ☐ **03 One thoughtful question** Live or async | 10 minutes
- Ask: What would make this week easier? Listen before suggesting a solution.
-
- ☐ **04 A voice-note story** Async | 5 minutes
- Record a 60-second story about a moment that reminded you of your partner.
-
- ☐ **05 Playlist of three** Async | 10 minutes
- Pick three songs: a memory, your mood today, and something you want to share.
-
- ☐ **06 The object date** Live | 20 minutes
- Bring an object from your room. Tell its story, then ask one question about theirs.
-
- ☐ **07 Choose next week** Live or async | 10 minutes
- Name your energy level and choose one date time that works in both time zones.
-
- ☐ **08 A tiny tour** Live or async | 10 minutes
- Show a favorite corner of your home or neighborhood and why you like it.
-
- ☐ **09 A specific thank-you** Live or async | 5 minutes
- Thank your partner for one specific action. Describe what it meant to you.
-
- ☐ **10 Read the same page** Async | 15 minutes
- Choose a short article or book passage. Each send one sentence about what stood out.
-

30-Day Connection Calendar

ZEALEL | LONG-DISTANCE COUPLES | DAYS 11-20

Start date: _____ Your time zones: _____

Start any day. Agree on a reply window. Skip, swap or repeat what works for both of you.

-
- | | | |
|--------------------------|--|---------------------------|
| ☐ | 11 Tomorrow support | Live or async 5 minutes |
| | Ask: Is there one thing I can do from here to support your tomorrow? | |
-
- | | | |
|--------------------------|---|--------------------|
| ☐ | 12 Photo scavenger hunt | Async 10 minutes |
| | Find something blue, something funny and something you wish your partner could see. | |
-
- | | | |
|--------------------------|--|-------------------|
| ☐ | 13 Cook and compare | Live 45 minutes |
| | Make the same simple meal. Compare your results and pick a meal for your next visit. | |
-
- | | | |
|--------------------------|---|-------------------|
| ☐ | 14 A gentle check-in | Live 10 minutes |
| | Each name a feeling, a need and one appreciation. Keep advice optional. | |
-
- | | | |
|--------------------------|--|----------------------------|
| ☐ | 15 A memory detail | Live or async 10 minutes |
| | Recall a shared day. Each add a detail the other might have forgotten. | |
-
- | | | |
|--------------------------|--|----------------------------|
| ☐ | 16 Question swap | Live or async 10 minutes |
| | Each write a curious, comfortable question. Take turns answering without interruption. | |
-
- | | | |
|--------------------------|---|-------------------|
| ☐ | 17 Sensory postcard | Async 5 minutes |
| | Describe one sound, smell and texture around you so your partner can picture the scene. | |
-
- | | | |
|--------------------------|--|----------------------------|
| ☐ | 18 Plan a small visit | Live or async 15 minutes |
| | Choose one affordable activity for a future visit. Agree on a practical next step. | |
-
- | | | |
|--------------------------|---|--------------------|
| ☐ | 19 Make something tiny | Async 15 minutes |
| | Draw, write or photograph something for each other. Explain your choice when you share. | |
-
- | | | |
|--------------------------|---|-------------------|
| ☐ | 20 A two-person game | Live 20 minutes |
| | Choose a simple game or trivia question. Agree whether tonight is playful or competitive. | |
-

30-Day Connection Calendar

ZEALEL | LONG-DISTANCE COUPLES | DAYS 21-30

Start date: _____ Your time zones: _____

Start any day. Agree on a reply window. Skip, swap or repeat what works for both of you.

-
- ☐ **21 What worked?** Live or async | 10 minutes
Pick your favorite activity so far and one thing you would change about the routine.
-
- ☐ **22 Ordinary life** Async | 5 minutes
Send a photo of an ordinary task and a short story about your day.
-
- ☐ **23 A future morning** Live or async | 10 minutes
Describe a morning you would like to share someday. Compare the small details.
-
- ☐ **24 The kindness plan** Live or async | 5 minutes
Choose one small, realistic act of kindness you can offer each other this week.
-
- ☐ **25 Listen and discuss** Async then live | 20 minutes
Listen to the same short audio clip. Each bring one question to a five-minute call.
-
- ☐ **26 Slow walk** Live | 15 minutes
Take a walk while on an audio call. Describe your surroundings when it is safe to do so.
-
- ☐ **27 A shared list** Live or async | 10 minutes
Make a list of five things you would like to try together. Pick one realistic favorite.
-
- ☐ **28 A quiet date** Live | 20 minutes
Read, draw or drink tea on the same call. You do not have to fill every silence.
-
- ☐ **29 Your next month** Live or async | 15 minutes
Share scheduling constraints for next month. Choose a routine both of you can maintain.
-
- ☐ **30 Keep the favorites** Live or async | 10 minutes
Each choose three activities to repeat. Save the next date and end with one appreciation.
-