



@sexwithemily

January Sex Challenge



Welcome to 2024! Kick the year off right, with the month-long Sex With Emily #sexchallenge.

= solo activity

= partnered activity

= needs supplies

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Listen to a Sex Podcast	2 Download the Yes! No! Maybe? List	3 Play Your Greatest Hits	4 Take Your Desire Inventory	5 Have a Sexual State of the Union	6 Review Your Sex IQ
7 Play 69 Questions	8 Rest & Reflect	9 Wear Something That Makes You Feel Hot	10 Send a Sext	11 Make a Sex Playlist	12 Meditate, Masturbate, Manifest	13 Try an Arousal Gel
14 Do Erotic Massage	15 Try Nipple Clamps	16 Rest & Reflect	17 Try Light Temperature Play	18 Talk Dirty	19 Tie Each Other Up	20 Switch Up 69
21 Give Oral on Your Knees	22 Try the Kivin Method	23 Edge Each Other	24 Rest & Reflect	25 Mix Up Missionary	26 Take Turns "Driving" the Sex	27 Learn Lotus Position
28 Do Mutual Masturbation	29 Add a Toy to Sex	30 Play With Pretzel Position	31 Do Doggy in Front of a Mirror	Week 1 (Jan 1-8): Communication Week 2 (Jan 9-16): Arousal & Foreplay Week 3 (Jan 17-24): Oral Week 4 (Jan 25-31): Positions		