

## **Diet and Comfort Considerations**

Please answer the following questions as a couple and return this form to us so we can prepare for your retreat. Page 2 is just for your information.

### **FOOD**

To help us plan for meals and snacks, it'd be helpful to know the following (please be very specific as we do meal planning weeks in advance):

1. Are there any foods that either of you prefer to avoid?
2. Do you have any food allergies or dietary restrictions?
3. What snacks or drinks do you particularly enjoy?
4. On a scale of 1-5 how spicy do you like your food?
5. Do you enjoy seafood?
6. Do you enjoy steaks?
7. Are you coffee or tea drinkers? If so, what kind of coffee/tea do you like and what do you like to add to it?

### **COMFORT**

1. Do you prefer a softer or firmer bed?
2. Do you have any physical comfort needs or limitations that we need to be aware of? (e.g., sitting is difficult)

We look forward to being with you and are confident God has great plans for our time together. Let us know if you have any questions.

With love,

**Phil and Vicky Wright**  
Resilient Marriage Retreat

## **What to Wear/Bring**

1. Your pre-work journaling and letter to each other from the pre-work
2. A journal or notebook
3. Your Bible or Bible app
4. Casual clothes (We will sit outside in cooler parts of the day so please dress for your comfort)
5. We have a nice home gym so if you enjoy exercising, bring exercise clothes and shoes
6. Beach wear/swimming suit (optional)

## **Sample Agenda**

### **DAY ONE:**

Arrive between 4 and 5:30pm in time for dinner.  
Get acquainted; breakout for brief individual reflection and couple connection exercise.

### **DAY TWO:**

Individual prayer and guided reflection (breakfast will be available)  
Session 1\*  
Lunch  
Session 2  
Free Time  
Dinner (Optional Date Night)

### **DAY THREE:**

Individual prayer and guided reflection (breakfast will be available)  
Session 3  
Lunch  
Session 4  
Free Time  
Dinner

### **DAY FOUR:**

Individual prayer and guided reflection (breakfast will be available)  
Session 5  
Lunch, Pray, Depart

\*Sessions last 2.5 - 3.5 hours and include group time, individual reflection and couple breakout exercises. We realize that individual energy levels vary and will collaborate with you to find a good balance between meeting your goals and moving at a comfortable pace.