FAMILY TIME

Time couples spend together

120-150 minutes / day including weekends

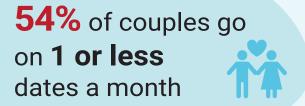
40 mins: Watching TV

30 mins: Eating

24 mins: House chores

37 mins: Quality time where affection

and interaction is shared



The **less time** couples spend together, the **less sex** they have

(U.S. National survey of families & households)

Having sex even just 1x/week makes people more happy than earning an extra \$5000



25% of couples have sex 1x/week5% of couples have sex 4x/week17% of couples have sex 1x/month

70/30 Rule

70% Time together
30% Alone or with others or other pursuits
(Garrett Coan)