

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



54% of couples go on **1 or less** dates a month



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/week**

5% of couples have sex **4x/week**

17% of couples have sex **1x/month**

70/30 Rule

70% Time together

30% Alone or with others or other pursuits

(Garrett Coan)