



TRUTH OR DARE

Fit4Love Flirty Dating Cards

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Introduction & How to Play

Welcome to the Fit4Love Flirty Truth or Dare Cards™ your cheeky little confidence boost designed to spark fun, fearless, real-life moments of connection in the supermarket aisles (or anywhere life takes you).

These cards were created for the singles, the shy cuties, the confident charmers, the “I want to meet someone in real life but it feels awkward” crew, and anyone who’s ready to ditch swipe culture for something more playful, soulful, and spontaneous.

Think of these as your mini adventure cards a lightly flirty, low-pressure way to start conversations, meet new people, and create those sweet little moments that make you feel alive again.

Whether you’re shopping on our official Thursday 6pm Singles Hour or simply doing your weekly grocery run, these cards help you turn the supermarket into a fun, social playground where anything is possible.

HOW TO USE YOUR FLIRTY TRUTH OR DARE CARDS™

Step 1: Pick a card

Choose one that feels fun, brave, silly, or aligned with your vibe that day.

Step 2: Spot someone who feels safe & friendly

This can be:

✓ a cutie or hunky spunk in the fruit aisle

✓ someone with great trolley energy

✓ a friendly-looking stranger

✓ or even someone at the gym or a café

(They don’t need to be single this is just for fun!)

Step 3: Approach with confidence (or nervous excitement both are cute)

Hold the card, smile, and simply say:

“Hey! I’m doing this fun Truth or Dare scavenger challenge... would you like to pick one?”

That’s it.

No pressure.

No awkwardness.

Just a fun little moment.

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Step 4: Let them choose: Truth or Dare

Follow the prompt on the card. Each dare and truth is designed to be:

- safe
- short
- easy
- playful
- socially acceptable
- not cringe

Step 5: Enjoy the moment, giggle, flirt, be human. These tiny moments of connection matter more than you realise.

Step 6: If there's a spark...

THIS is when you upgrade to your HELLO Love Notes™. or simple swap phone numbers or social media handles or even invite out on a date if you are really feeling the vibes.

A NOTE FROM "LIZZY THE LOVE COACH"

Remember, these cards aren't about perfection...They're about POSSIBILITY. Tiny moments turn into connections and connections turn into chemistry and chemistry turns into stories you'll tell forever.

Have fun. Be playful and let the universe do the rest.

P.S cut the little cards out and pop them in an envelope, so they are ready to go with you...

With love and blessings xo

Lizzy your unofficial Wingwoman

Liz Avis

TRUTH OR DARE

TRUTH:

What's your go to snack choice in this store?

DARE:

Ask someone (AKA me!) to recommend the best item in this aisle.

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TRUTH:

Chocolate before dinner or after dinner?

DARE:

Play one round of rock-paper-scissors with me. Best of 3.

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TRUTH:

What's the most random thing in your trolley right now?

DARE:

Rate my trolley from 1-10, and tell me why.

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TRUTH:

If you were a fruit, what fruit would you be and why?

DARE:

Help me pick the ripest avocado or fruit in this section.

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TRUTH:

Do you believe in supermarket serendipity?

DARE:

Give a stranger a compliment.

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TRUTH:

What's your go-to comfort food?

DARE:

Choose one item from this aisle that matches my vibe.

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TRUTH:

Are you an "in and out" shopper or a "slow wanderer"?

DARE:

Ask me to guess your favourite sweet treat and reveal if I'm right.

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TRUTH:

If falling in love was an aisle which aisle would we meet in?

DARE:

Let's go and see if it is true...

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TRUTH:

What's your current TV show/Movie?

DARE:

Give me a fun nickname based on my trolley.

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TRUTH:

Most delicious ice-cream flavour?

DARE:

Pick an ice-cream flavour that matches my personality and I will tell you your's

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TRUTH:

What's your vibe for a first date?

DARE:

Give someone a high five, then give them a compliment.

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TRUTH:

Help me settle a debate... Is pineapple on pizza a YES or a NO?

DARE:

You choose the dare, get creative.

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