

Locktober 2025 - 31 Day Challenge Calendar

This Locktober 2025 calendar provides a day-by-day challenge to keep things engaging, whether you're locking solo or playing with a partner. Each day includes a suggested task or theme to build anticipation, discipline, and frustration. Customize to your comfort and rules, and always prioritize safety and consent.

Day	Challenge
1	Lock on and journal your starting feelings.
2	Send/Write a morning affirmation about being locked.
3	10-minute edging session, no release.
4	Perform a household chore in the cage.
5	Share proof-of-lock photo (with Dom or journal privately).
6	Fitness day — 30 minutes exercise as stress relief.
7	Write 5 reasons you're doing Locktober.
8	Surprise check-in (Dom) or self-check honesty (solo).
9	Cold shower tease.
10	Draft a fantasy about your locked state.
11	Extra long wear without adjustments (if safe).
12	Partner teasing session / extra edging solo.
13	Freeze the key or lock it in a box for 24h.
14	Halfway reflection journal: challenges & wins.
15	Assign or self-assign a punishment task.
16	Silent denial — no speaking about arousal all day.
17	Wear a hidden symbol of chastity (collar, bracelet, key).
18	Fitness day — push yourself harder.
19	Extra teasing session — Dom decides, or extra edging solo.
20	Recommit to rules; read your contract/journal.
21	Reward/punishment tally — Dom or self decides.
22	Write an erotic fantasy without touching.
23	Prove discipline — deny yourself favorite food or screen time.
24	Long tease: multiple edging cycles.
25	Daily chores under lock (bonus points if noticed).
26	Post about your journey (anonymously if needed).
27	Surprise key check or photo proof.
28	Try a new form of teasing (ice, sound, vibration).

29	Partner chooses a punishment / solo adds 24h lock.
30	Write reflection: what have you learned this month?
31	Final stretch — extended denial session or release ceremony.