



*Fall in love again...  
... like the very first time*

**BACK TO THE DATE**  
Factual Entertainment Format

Episode Length: 30-60 min.  
Development: Armoza Formats and TF1 Productions

# BACK TO THE DATE

## Factual Entertainment Format

Remember the spark you felt the first time you saw each other? The laughter you shared on your first date, the night you stayed out dancing, the passion and the romance...

### *WHAT HAPPENED? LIFE HAPPENED.*

As you grew up, you probably didn't notice it, but you also grew apart. How did you let the day-to-day stress of work, bills and kids take its toll? You still love each other, but that spark has faded - along with your hairline, your patience and your attraction to one another.

### *IT'S TIME FOR A CHANGE! IT'S TIME FOR A SECOND CHANCE TO FALL IN LOVE FOR THE REST OF YOUR LIVES.*

Back to the Date gives ordinary couples between the ages of 30 and 50 an opportunity to relive their happiest time together, represented by a photo from their album - it can be on vacation, at their wedding, or on a simple dinner date. Their goal over the next few weeks will be to return to the couple they used to be by undergoing a physical and emotional transformation.

The journey is accompanied by a friendly team of experts who will help restore the couple:

- A BODY Expert, who will give the couple a physical makeover - fitness, diet and style
- A SOUL Expert, who will refresh them mentally, as a couple and as individuals
- A HOST, who is the couple's friend and trusted guide throughout this emotional journey

Towards the end of the transformation process, the couple is split up for a long weekend in separate hotels. They're given a chance to reflect and share their feelings with friends and family, who remember the couple at their best and worst throughout the years in hilarious and touching candid interviews. In addition, they undergo a full physical makeover to prepare them for their big date.

When the couple reunites at the recreation of their historic date, the moment will be emotional and inspiring not just for the couple, but also for the viewers. Having once taken each other for granted, Back to the Date has now reenergized them to take on the rest of their life together!

