

■ Couple Balance Framework – Weekly Check-In

Instructions: Answer each question based on the past seven days.

Scale: 0–1 = Not at all | 2–3 = Rarely | 4–6 = Sometimes | 7–8 = Most of the time | 9–10 = All the time

Connection (Couple Time & Communication)

- In the past seven days, we have set aside intentional time just for us.
- In the past seven days, I have felt heard and understood by my partner.
- In the past seven days, our conflict has felt constructive, not destructive.

Individual Growth (Space & Self-Care)

- In the past seven days, I have had enough personal time for myself.
- In the past seven days, I have felt supported in pursuing my own goals or interests.
- In the past seven days, I have respected and encouraged my partner's individuality.

Health & Vitality

- In the past seven days, we have prioritised healthy eating, rest, or exercise.
- In the past seven days, our stress has felt manageable.
- In the past seven days, we have supported each other's wellbeing.

Work & Purpose

- In the past seven days, work has stayed in balance with our relationship.
- In the past seven days, I have felt that my partner understood my work pressures.
- In the past seven days, we have maintained healthy boundaries between work and home.

Finance & Security

- In the past seven days, we have talked openly about money.
- In the past seven days, our finances have felt like a source of security rather than stress.
- In the past seven days, we have made progress toward our shared financial goals.

Scoring Rubric

Total possible score = 150 (15 questions × 10 points each)

0–30 → **Chaos:** Life feels overwhelming, arguments dominate, survival mode.

31–60 → **Coping:** Managing day-to-day, but still distant and stressed.

61–90 → **Connecting:** Moments of closeness, small wins, intentional effort.

91–120 → **Coordinating:** Working in sync, smoother routines, less tension.

121–150 → **Calm:** Safe, close, flourishing together as a team.