

Work-Life Balance Survey Template

All questions are optional. Select one answer for each choice question.

Write your answers to the open questions in the space provided.

Think about the past four weeks and your agreed work schedule. Please focus on working arrangements, not private family or health information. All questions are optional.

1. How predictable was your work schedule?

- ☐ Not at all predictable
- ☐ Slightly predictable
- ☐ Moderately predictable
- ☐ Very predictable
- ☐ Extremely predictable
- ☐ Not applicable

2. How often were you expected to respond to work messages outside your agreed working time?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always
- ☐ Not applicable

3. How easy was it to disconnect from work when your agreed working time ended?

- ☐ Very difficult
- ☐ Somewhat difficult
- ☐ Neither easy nor difficult
- ☐ Somewhat easy
- ☐ Very easy
- ☐ Not applicable

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4. How easy was it to take time off that had already been agreed?

- ☐ Very difficult
- ☐ Somewhat difficult
- ☐ Neither easy nor difficult
- ☐ Somewhat easy
- ☐ Very easy
- ☐ I had no agreed time off

5. How much flexibility did your working arrangements offer when you needed it?

- ☐ None
- ☐ A little
- ☐ Some
- ☐ A lot
- ☐ As much as I needed
- ☐ I did not need flexibility

6. Which work practice most affected your time outside work?

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7. What change to working arrangements would help you most?
