VIP DATING LIFESTYLE & SCHEDULE AUDIT

Is Your Current Lifestyle Creating Opportunities to Meet Someone?

Name: **Date:** **City/Area:**

Instructions: Complete this worksheet based on your actual routines over the past 30 days. Be honest about how you're spending your time and how frequently you're meeting new people.

WEEKLY SCHEDULE AUDIT

Monday to Thursday

Record how you typically spend your time.

Include work, commuting, exercise, errands, church, family commitments, social activities, and free time.

Use these abbreviations if helpful:

W = Work | H = Home | E = Exercise | S = Social | F = Family | R = Religious Activities | D = Dating | O = Other

Time	Monday	Tuesday	Wednesday	Thursday
6 to 8 AM				
8 to 10 AM				
10 AM to 12 PM				
12 to 2 PM				
2 to 4 PM				
4 to 6 PM				
6 to 8 PM				
8 to 10 PM				

How many evenings do you typically spend at home?

How many weekdays do you work from home?

WEEKLY SCHEDULE AUDIT

Friday to Sunday

Time	Friday	Saturday	Sunday
6 to 8 AM			
8 to 10 AM			
10 AM to 12 PM			
12 to 2 PM			
2 to 4 PM			
4 to 6 PM			
6 to 8 PM			
8 to 10 PM			

How many weekend hours are typically spent at home?

How many hours per week are spent participating in social activities?

How many hours per week could realistically be available for dating?

DAILY HABITS & ROUTINES

Where Do You Regularly Spend Your Time?

List the actual businesses and locations you visit, along with how frequently you visit them.

Location / Activity	Name of Business or Location	Visits Per Week
Grocery store		
Additional grocery store		
Gas station		
Coffee shop		
Additional coffee shop		
Restaurants		
Gym / Fitness studio		
Parks / Walking trails		
Dog park / Dog walking		
Shopping / Retail stores		
Church		
Other regular locations		

A Few Questions About Your Habits

1. How often do you eat out each week?

2. When you visit coffee shops, do you typically:

- ☐ Drive through
- ☐ Order to go
- ☐ Sit and stay
- ☐ Work remotely

3. Do you primarily grocery shop:

- ◯ In person
- ◯ Online / Delivery
- ◯ Both

4. How often do you walk outdoors, visit parks, or walk your dog?

5. How frequently do you run errands in person versus ordering online?

6. What days and times do you typically visit these locations?

SOCIAL EXPOSURE AUDIT

How Often Are You Actually Meeting NEW People?

1. How many social events do you attend in an average week?

○ 0 ○ 1 ○ 2 ○ 3 ○ 4+

2. How many of those events provide opportunities to meet NEW people?

○ 0 ○ 1 ○ 2 ○ 3 ○ 4+

3. Which social activities do you regularly participate in?

☐ Church / Bible studies
☐ Professional networking
☐ Fitness classes
☐ Social gatherings / Parties
☐ Community events
☐ Singles events
☐ Volunteer activities
☐ Recreational sports
☐ Classes / Workshops
☐ Other:

4. Approximately how many NEW people do you have conversations with each week?

○ 0 ○ 1 to 2 ○ 3 to 5 ○ 6+

5. How many of those conversations are with potential dating prospects?

6. When you attend social events, do you typically:

○ Stay with people you already know
○ Occasionally introduce yourself
○ Wait for others to approach you
○ Intentionally meet new people

7. How many new people have you exchanged contact information with in the past month?

8. How often do you attend events alone?

○ Never ○ Rarely ○ Sometimes ○ Frequently

9. Are the environments you frequent likely to include eligible, marriage minded singles in your preferred age range?

○ Yes ○ Sometimes ○ Rarely ○ Not sure

10. What prevents you from getting out and meeting more people?

DATING AVAILABILITY AUDIT

Does Your Schedule Have Room for a Relationship?

1. How many evenings per week are you available for dates?

○ 0 ○ 1 ○ 2 ○ 3 ○ 4+

2. Which days are you generally available?

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday

3. How much advance notice do you usually need to schedule a date?

○ Same day ○ 1 to 2 days ○ 3 to 4 days ○ One week+

4. How many hours per week do you currently dedicate to meeting potential partners?

5. How many hours per week are you willing to dedicate to meeting people and dating?

6. How many first dates have you been on in the past 30 days?

7. Are you currently using dating apps?

○ Yes ○ No

If yes, which ones?

8. How many hours per week do you spend using dating apps?

9. What recurring commitments currently limit your dating availability?

10. Which commitments could you reduce, rearrange, or delegate to create more opportunities for dating?

11. Are you willing to make dating a greater priority in your weekly schedule?

○ Yes ○ No ○ I need help figuring out how.

YOUR DATING LIFESTYLE ACTION PLAN

Creating More Opportunities for Love

Review your answers and identify where your current lifestyle may be limiting your opportunities to meet new people.

1. What surprised you most about your schedule or routines?

2. Where are you spending significant time without opportunities to meet new people?

3. What are three changes you can make to increase your exposure to eligible singles?

	Current routine:	New routine:
CHANGE #1		
CHANGE #2		
CHANGE #3		

YOUR WEEKLY SOCIAL & DATING COMMITMENTS

Goal	My Weekly Commitment	
Social events with access to new people		per week
Conversations with new people		per week
Visits to social environments		per week
Time reserved for dating		hours
Dating opportunities I will pursue		per week

BLOCK OUT YOUR TIME

Identify specific days and times you will intentionally make available for meeting new people or going on dates.

Day	Time	Activity
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

YOUR FINAL COMMITMENT

What is the single most important adjustment you need to make to create more opportunities for a meaningful relationship?

Remember: You don’t have to completely change your life to find love. But you may need to change how you’re spending your time.

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