



# The 15/15 Partner Time Audit



Because it only takes 15  
minutes to see where your  
busy time really goes

[www.apparent.com](http://www.apparent.com)

Let's be real:

Most of us put more time into planning our work weeks than planning quality time with our partner. Between careers, kids' schedules, and daily logistics, our most important relationship often runs on autopilot.

This quick audit isn't about making you feel guilty - it's about finding the hours that are already there, just waiting to be reclaimed. No relationship advice, no counseling exercises. Just a practical look at where your time goes and how to get some of it back.

#### HOW THIS WORKS

1. Each partner takes 15 minutes to complete Part 1 individually
2. Set aside 15 minutes together for Part 2
3. Pick one action item to implement this week.

# Part 1: Individual Assessment (15 mins)

Rate each category from 0-10 (0= non-existent; 10= crushing it)

## Weekly Basics

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Quality conversations (not about logistics)



Uninterrupted meals together



Physical touch (hugs, kisses, casual affection)



Shared activities or hobbies



## Monthly Priorities

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Date nights



Individual self-care time



Friend time (separate from couple activities)



New experiences together



**TOTAL (Add up, out of 80)**



### TIME SINK CHECK

Mark which of these regularly eat into potential partner time:

- Work bleeding into evening hours
- Social media scrolling
- Kids' activity logistics
- House management tasks
- Extended family obligations
- Other:

### DEAD ZONE DISCOVERY

When do you typically have energy but might be wasting time?

- Early a.m. before kids wake
- Lunch break
- Right after work
- After kids' bedtime
- Weekends during kids' activities
- Other:

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## Part 2: Partner Sync (15 mins together)

If you had 2 extra hours this week, what would you do with our partner (share/write down)?

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### Score Comparison

- Share your scores
- Discuss biggest surprises
- Find your highest alignment areas
- Identify biggest gaps

### Action Planning

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1. List 3 time blocks you could reclaim this week:

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2. Choose ONE action to implement this week:

What:

When

# Part 2: Partner Sync (15 mins together)

## Next Steps

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- Schedule a 15-min check-in to review progress
- Set calendar blocks for your chosen action
- Remove one time sink you identified

### **Want to make this effortless?**

Appaient handles similar planning, reminding, and follow-up so you can focus on showing up for each other. We:

- Send nudges and prompts to take these actions so you don't have to plan it.
- Coordinate schedules to protect some quality time
- Turn these insights into consistent action

[Learn more at appaient.com](https://www.appaient.com)