

Hybrid Working Health Check

Working Well in a Hybrid Environment

Rate the following statements:

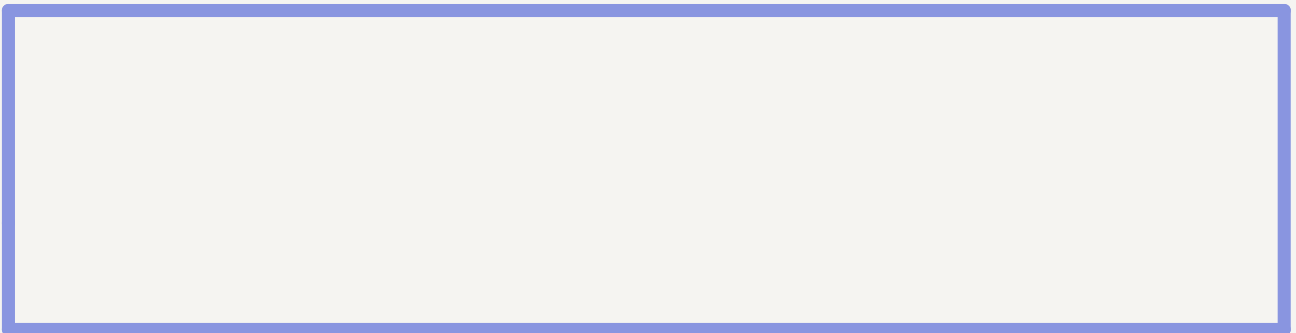
1 = Never | 5 = Always

Statement	1	2	3	4	5
I finish work at a reasonable time	☐	☐	☐	☐	☐
I take regular breaks	☐	☐	☐	☐	☐
I switch off outside work hours	☐	☐	☐	☐	☐
I stay connected to colleagues	☐	☐	☐	☐	☐
My workload feels manageable	☐	☐	☐	☐	☐
My workspace supports productivity	☐	☐	☐	☐	☐
I make time for exercise or movement	☐	☐	☐	☐	☐
I protect time for personal interests	☐	☐	☐	☐	☐

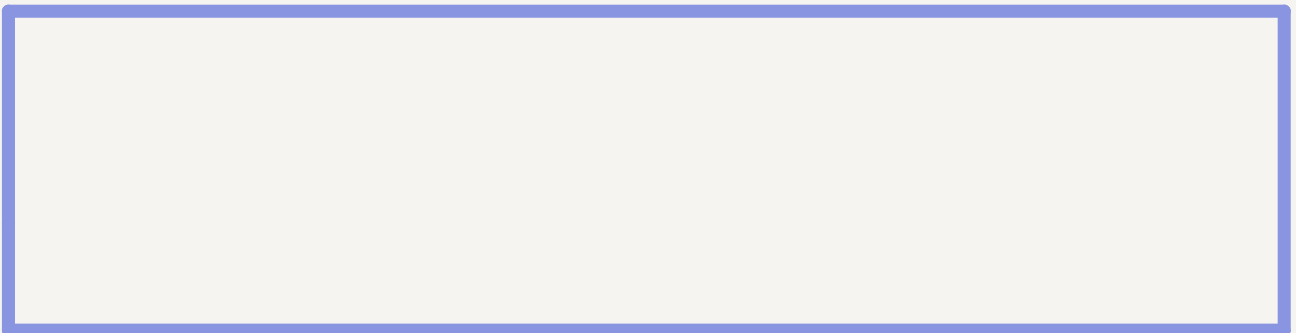
What Am I Doing Well?



What Needs More Attention?



One Boundary I Would Like to Strengthen



One Action I Will Take This Week

