

The Home Check

Start With the Environment—A healthy family needs a healthy place to live.

Your home is more than a building. It is an active living system that should support the health, energy, rhythms and daily life of the people who live there.

Take a quick walk through your home. Don't overthink it. Score each area based on how well your home is currently working for your family.

1 — Working for Us	3 — Needs Improvement	5 — Working Against Us
01	Clean, Clear & Feels Right Does our home feel healthy, comfortable and easy to live in? Consider air, water, moisture, light, sound, cleanliness, safety, clutter and overall comfort.	SCORE ■ 1 ■ 2 ■ 3 ■ 4 ■ 5 What did you notice? _____
02	Food & Beverage Does our home make it easier to eat and drink well? Consider water, food quality, storage, preparation, kitchen function, family meals and daily habits.	SCORE ■ 1 ■ 2 ■ 3 ■ 4 ■ 5 What did you notice? _____
03	Organization & Productivity Does our home help us get things done without creating unnecessary friction? Consider storage, routines, household systems, work areas, maintenance and what repeatedly wastes time or energy.	SCORE ■ 1 ■ 2 ■ 3 ■ 4 ■ 5 What did you notice? _____
04	Schedule & Activity Does our home support the way our family wants to live? Consider routines, family time, movement, outdoor activity, play, work and the transitions between them.	SCORE ■ 1 ■ 2 ■ 3 ■ 4 ■ 5 What did you notice? _____
05	Rest & Recovery Does our home help us slow down, recover and sleep well? Consider bedrooms, lighting, temperature, noise, screens, comfort and spaces that help the family recharge.	SCORE ■ 1 ■ 2 ■ 3 ■ 4 ■ 5 What did you notice? _____

Your Home Score

The score is not a grade. It is a simple way to see your current state, tell the truth and decide what deserves your attention next.

Add your five scores:

_____ / 25

5–11 · BUILD THE PLAN

Your foundation is working. Protect what's working and choose what matters most to improve next.

12–18 · LOOK CLOSER

Some things are working. Some need more attention. Gather more information and identify what is most important to change first.

19–25 · GET PROFESSIONAL HELP

Your home may be taking more from your family than it is giving back. Get help identifying what matters most and what needs attention first.

What's Working?

What Could Improve?

What Needs Immediate Attention?

Your First Priority

What one improvement could make the biggest difference for your family over the next 90 days?

Major Health or safety concern?

Do not wait for the score. Investigate it and contact the appropriate qualified professionals immediately.

Not sure where to start or what matters most?

A DEVCO House Call gives you a professional perspective on where to start, what can wait and what could create the greatest improvement first.