



— LOVE & MATCHMAKING —

Rate My Date™

YOUR MATCHMAKER'S DATE DEBRIEF WORKSHEET



Your insights
guide us to
your *best* match.

Clarity today creates better choices for tomorrow.



DATE BASICS

Date: _____

Name or Initials: _____

Where did you meet? _____

Date Location: _____

How long did you spend together? _____



THE CONVERSATION

How would you rate your conversation?

Not
Great

1

2

3

4

5

Excellent!

We want easy, engaging, and energizing.



THE SPARK FACTOR

What was your overall spark level?



No Spark



Amazing
Spark!

Trust your first impression.



THE CHEMISTRY CHECKLIST

How did you feel the chemistry was?

Low

High

Physical Attraction 1 2 3 4 5

Emotional Connection 1 2 3 4 5

Intellectual Connection 1 2 3 4 5

Values Alignment 1 2 3 4 5

Overall Chemistry 1 2 3 4 5

1 = Not Strong

3 = Neutral

5 = Very Strong



CONNECTION CATEGORIES

How would you rate the following?

Not Great

Neutral

Great!



Fun & Enjoyment

1

2

3

4

5



Listening

1

2

3

4

5



Communication

1

2

3

4

5



Shared Values

1

2

3

4

5



Compatibility

1

2

3

4

5



GREEN & YELLOW FLAGS

GREEN FLAGS



What stood out positively?

- _____
- _____
- _____
- _____
- _____

YELLOW FLAGS



What gave you pause?

- _____
- _____
- _____
- _____
- _____



ADDITIONAL NOTES

Anything else you want your matchmaker to know?



OVERALL REFLECTION

In your own words, how did this date feel?



WHAT'S NEXT?

How would you like to proceed?

☐

I'd like
to see them
again.

☐

Maybe—I'd like
another date to
decide.

☐

I don't think
it's the right
match.

☐

I'm not sure—let's
discuss it together.

