Environmental audit

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NAME   DATE

How to do this exercise:

Identify an environment you want to explore. This could be a physical area such as a specific room in your house or a social space like a group of friends you hang out with.

List out ALL the behaviors you typically do in that environment. Eating, sleeping, social media scrolling, etc. Be honest.

Write out any common emotions or thoughts that occur in these environments. Do you feel joy? Anger? Sadness? Boredom? What do you often think about in these spaces?

Once completed, look for connections between what you do, think, and feel in particular environments. For now, don't try to fix or change anything. You're simply looking to create more awareness about what's happening around you, and to see if there are:
- connections between specific thoughts, feelings, and behaviors; and
- where (or in what circumstances) those activities are taking place.

Based on the information you collect, think about exploring one small behavior you could consider changing. Start small and keep it simple. Then, consider implementing that change the next time you find yourself in that environment / situation and jot down if anything is different.

ENVIRONMENT *Where are you? / Who are you with?*	BEHAVIORS *What are you doing? / What activities usually happen here?*	EMOTIONS & THOUGHTS *What are you feeling? / What are you thinking?*
Living room couch with my partner after a long day right before bed	Watching TV or playing on my phone. I usually end up with a bag of chips or ice cream in my lap, especially the later I stay up.	Exhausted, stressed, worn out. Can't stop thinking about all the stuff I need to get done tomorrow.

Pn PrecisionNutrition