YOUR SYSTEMS AUDIT

A practical inventory of the routines shaping your health. Awareness first. Adjustment second.

Set aside 20–30 minutes. Answer based on a typical week, not your best week. Be specific, curious, and honest. This is not a test or a scorecard.

YOUR STARTING POINT

What is one health or wellness goal you identified in Episode 1?

HOW TO USE THIS AUDIT

For each area, consider: What is working? What is getting in the way? Where does friction show up? Write observations rather than immediate solutions.

Name / date: _____

STEP 01

LOOK AT YOUR CURRENT SYSTEMS

Notice patterns across the following nine areas. You do not need to complete every line; capture what is most true for you.

01 SLEEP

Bedtime, wake time, consistency, quality, evening habits.

02 TRAINING & MOVEMENT

Actual workout frequency, daily activity, barriers, recovery between sessions.

03 NUTRITION & HYDRATION

Meal patterns, protein, produce, water, workdays versus weekends.

04 STRESS & MENTAL WELL-BEING

Stressors, coping responses, boundaries, time to decompress.

THE REST OF YOUR WEEK

05 WORK & RESPONSIBILITIES

Workload, schedule demands, energy, competing priorities.

06 RELATIONSHIPS & SOCIAL LIFE

Supportive connections, social habits, obligations, personal time.

07 RECOVERY & REST

Rest days, downtime, sleep debt, signs you need to slow down.

08 TECHNOLOGY & ATTENTION

Phone habits, scrolling, notifications, what screens displace.

09 TIME & SCHEDULING

Where your hours actually go, protected priorities, recurring time leaks.

STEP 02

FIND THE PATTERNS

WHAT IS ALREADY WORKING?

Name 2–3 habits or environments that support your health.

WHERE IS THE MOST FRICTION?

What repeatedly makes the healthier choice harder?

WHERE IS THERE A CONTRADICTION?

Where do your stated goals and current habits point in different directions?

THE ONE-YEAR QUESTION

If I changed nothing about the way I am currently living, where would these systems take me over the next year?

WHAT HAPPENS NEXT

Circle or highlight one area that deserves attention. Do not overhaul everything today. Bring that observation into Episode 3: Build the Foundation, where we begin creating a realistic baseline.

My one area to focus on: _____