



SMART Tool

THE LIFESTYLE AUDIT

The lifestyle audit allows you to examine the changes you would like to make to your current lifestyle. It can be helpful to have these down on paper to avoid feelings of boredom or loneliness as you start making changes and maintaining change.

| Things I would like to do LESS of | How I can achieve this... |
|--|----------------------------------|
| | |
| Things I would like to do MORE of | How I can achieve this... |
| | |