# **Environmental Control Checklist**

A comprehensive checklist to analyse what’s around you in your current environment that might be helping you on your way to your goals, or sabotaging your efforts.

## 1. Your Home Environment

| **Stimulus** | **What are you currently doing?** | **What can you add/subtract/avoid to align your behaviour to your goals?** |
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| **TV time**:* When do you watch TV?
* How much do you watch and what do you do while the TV is on?
* Can you avoid eating while the TV is on?
* Can you reduce the amount of time in front of the TV?
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| **Foods in the house:*** What kind of foods do you have available?
* Where are they kept?
* If you wanted to eat a healthy snack, how easy would this be?
* How easy would it be to pick up something unhealthy?
* Can you remove any unhealthy options?
* Can you make more healthy options available?
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| **Kitchen:*** How much time do you spend in the kitchen?
* Can you keep this just to meal prep time?
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| **Serving food:*** Where do you serve your food? In the kitchen or do you bring large serving dishes to the table?
* Can you avoid having extra portions in front of you at the dinner table?
* Can you refuse a second helping?
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| **Your plate:*** How do you load up your plate? Do you follow the formula of filling half with veges, quarter lean protein and quarter starch?
* Do you prepare more than you need?
* Can you portion this for lunch the next day at the same time as you serve yours so you aren’t tempted to take more for dinner?
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| **Food utensils:*** When you measure out an appropriate portion for your meal, how does it look like it on your plate?
* If the plate doesn’t look full, can you get smaller plates

and bowls? |  |  |
| **Food preparation**:* Do you taste food as you are cooking, can you use a smaller spoon?
* Do you snack or drink alcohol while cooking?
* Can you replace this with a soda water and lime?
* Could you chew gum so you’re not tempted to eat while cooking?
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| **Exercise:*** Do you have workout gear that motivates you to exercise?
* Can you do some basic exercise while you are in front of the tv?
* What time of day is your preferred exercise time?
* If it’s morning, can you lay out your workout gear the night before? If evening, can you pack your gym bag to take to work the night before?
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| **Weekends:*** What do you usually do on the weekends?
* Can you include something active on one of these days?
* Go for a long walk and explore a new area?
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| **Alcohol:*** How much do you normally drink alcohol on weekends?
* Can you make plans which don’t involve drinking?
* Can you cut down on what you normally consume?
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| **Meal planning/prepping:*** Can you use some of your weekend time to meal prep for the week?
* Can you make a meal plan, do your shopping and prepare 1-2 meals you can freeze in portions?
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| **Social Media:*** Who do you follow on Facebook or Instagram or whatever social media platform you use?
* Does it encourage habits or thinking that is conducive of your goals, or is it the opposite?
* For example, is it a healthy recipes account, or a indulgent desserts account?
* Do the people you interact with live a life that you look up to, or do they mirror the lifestyle you are trying to move away from?
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| **Other:*** Is there anything else in your home environment that is affecting your goals which you could control somehow?
* Either increasing anything positive or decreasing anything negative?
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## 2. Your Work Environment

| **Stimulus** | **What are you currently doing?** | **What can you add/subtract/avoid to align your behaviour to your goals?** |
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| **Your desk:*** Do you keep snacks here?
* Do you eat at your desk?
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| **Snacks:*** What do you do for snacks?
* If you wanted to eat a healthy snack, how easy would this be?
* How easy would it be to pick up something unhealthy?
* Can you avoid walking past the vending machine?
* Can you bring pre-portioned snacks so that that all you have available for the day is what you planned?
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| **Breaks:*** What do you do during your breaks?
* Is there opportunity to go for a walk?
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| **Lunch:*** Can you plan in advance what you will eat at lunch?
* Are there any healthy options near you? Can you bring your lunch with you?
* Can you avoid working through your lunchtime?
* Can you avoid skipping lunch?
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| **Special occasions**:* Is there food available?
* Can you have a small portion?
* Is there a healthy option you can have?
* Can you join in on the occasion and just sip on a coffee/tea?
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| **Meetings**:* Do you have catered meetings?
* What kind of food is available?
* Can you eat a piece of fruit before you go to a catered meeting so that you are not hungry and then sit away from the food?
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| **Drinks:*** Do you keep a big glass/jug/drink bottle close to you so you can sip water all day?
* Can you keep low calorie drink options around to stop you craving soda (such as herbal tea, slice of lime)?
* Do you have cream and sugar? Could you replace these with low fat milk and less sugar?
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| **Catered lunches**:* Are there healthy options? If not, is it possible to bring your own lunch if you know in advance?
* Can you fill a plate up with salad, sticking to the formula of half plate veggies, quarter lean protein, quarter carbohydrates/starch?
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| **Exercise:*** How do you get to work? Can you walk or cycle?
* Do you have 30 minutes at lunch to go for a walk/run?
* Do you have any colleagues that could be a work out partner?
* How often do you get up from your desk?
* Can you set a timer to make sure you get up and move on the hour?
* Do you have stairs at work you can take instead of the elevator?
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| **Other**:* Is there anything else in your work environment that is affecting your goals which you could control somehow?
* Either increasing anything positive or decreasing anything negative?
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## 3. Your External Environment

| **Stimulus** | **What are you currently doing?** | **What can you add/subtract/avoid to align your behaviour to your goals?** |
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| **Grocery shopping:*** What is your shopping ritual?
* Do you go shopping after having eaten recently or do you go hungry? Are you tired?
* Can you go at a time when you’re neither tired or hungry, or eat something small like an apple or protein shake to keep you going?
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| **Grocery shopping:**What is your trip around the supermarket like? Do you make a list and stick to it?* Can you go to the fresh food section first and avoid the junk food aisles?
* Packaged foods – do you check food labels to see if you are buying the healthiest option available? E.g. The yogurt with the least added sugar, the tomato pasta sauce with the least amount of ingredients?
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| **Eating out:*** When you go out for dinner, do you usually arrive starving?
* Can you eat something small before you go so you don’t want to order a massive meal?
* Can you look up the menu before you go and decide on a healthy option before you get there so you don’t make the decision while you’re hungry
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| **Eating out:*** Do you go to restaurants where there are healthy options?
* What kind of foods do you order?
* Can you order a large portion of salad or vegetables and get a starter sized portion of higher calorie foods you like?
* Can you avoid anything fried and go for lean proteins?
* Can you ask for dressings or high fat sauces on the side?
* Can you stick to one piece of complimentary bread and eat it without butter/oil?
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| **Eating out**:* If you have few options and need to order a large portion, can you share it with someone?
* Can you portion it up as soon as it’s served to you and remove half to take away in a doggie bag?
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| **Eating out:*** Do you ever go to a buffet? If so, can you head to the salad section first, then look for a lean protein and a carbohydrate or starch which is not fried?
* Can you avoid fried foods altogether?
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| **Your support network**:* How do your friends, colleagues and family support you?
* Are you able to speak to your immediate influences to ask them for their positive support?
* Is there anyone you feel sabotages your goals that you can avoid seeing?
* Can your family help you with meal prep?
* Do you have any friends that already have healthy habits that you can spend more time with?
* Can you join any Facebook or community groups that have similar goals to you?
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| **Other:*** Is there anything else in your external environment that is affecting your goals which you could control somehow?
* Either increasing anything positive or decreasing anything negative?
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