

YOUR TRANSFORMATION AUDIT

MINDSET

GOAL	ACTION	COMMENT
1	Are you clear on your why? Can you say this out loud to the rest of the community and have you communicated it to people in your support circle?	
2	Are you clear on who benefits from you being on your A game and how it will benefit them? EG - friends, family, work, partner	
3	Are you giving yourself permission to slip up from time to time? Not being too hard on yourself?	
4	Are you pouring all of your ability into everything you do? Can you say you're giving 100%? Be honest.	
5	Are you regularly celebrating milestones on your journey?	
6	Are you guarding what you consume and what you're around? Social media, the news, the people you spend time with?	
7	Are you stronger/ fitter / healthier / leaner / more energetic / more confident / more self aware than 90 days ago?	
8	Are you regularly journaling?	
9	Are you making time for self care for yourself?	
10	Are you communicating your needs to those around you? Are you good at saying no to things that don't serve you? If not, why not?	

TOP FOCUS

The one aspect of my mindset that I need to focus on is:

ACTION	I WILL KNOW I AM ON TOP OF THIS ACTION WHEN...

LIFESTYLE

GOAL	ACTION	COMMENT
1	Are you sleeping for 7-9 hours a night?	
2	Are you handling stress effectively? Do you have a routine that you can fall to when managing stress?	
3	Are you setting clear boundaries for yourself, your work and others around you?	
4	Are you planning and reviewing your days and weeks?	
5	Do you have a morning routine that you love to wake up to?	
6	Are you regularly planning in fun and having a great time?	
7	Are you setting time to have downtime?	
8	Are you having regular sex?	
9	Are you monitoring your screentime and being mindful with your usage?	
10	Are you setting your environment up so that it's conducive to you feeling your best and being your best? (Cleanliness, inspiring people and overall effectiveness)	

TOP FOCUS

The one aspect of my lifestyle that I need to focus on is:

ACTION	I WILL KNOW I AM ON TOP OF THIS ACTION WHEN...

NUTRITION

GOAL	ACTION	COMMENT
1	Are you well hydrated everyday?	
2	Are you mindful over your caffeine intake and also taking in minimum 8 hours from your sleep time?	
3	Do you have a food system in place of when you do your food shop, meal prep and have a clear idea of what you're eating regularly?	
4	Are you eating high quality food filled with nutrients?	
5	Are you consuming over 5 fruit or vegetables per day?	
6	Are you proactively planning your food for the day rather than reactively just eating on the go?	
7	Are you tracking your calorie intake? If so, are you doing this with precision? Weighing your foods?	
8	Are you being moderate with your junk food intake?	
9	Are you meeting your protein target?	
10	Is your alcohol within a sensible range or are you binge drinking?	

TOP FOCUS

The one aspect of my nutrition that I need to focus on is:

ACTION	I WILL KNOW I AM ON TOP OF THIS ACTION WHEN...

TRAINING

GOAL	ACTION	COMMENT
1	Are you regularly planning in your training times?	
2	When training, are you training with intent? Focusing on the movement and executing the exercise effectively?	
3	Are you logging your training sessions and aiming for progression every week?	
4	Are you performing a warm up?	
5	Are you performing the exercises with the prescribed tempo?	
6	Are you taking a rest every 3-4 days?	
7	Are you taking videos of your sets and regularly reviewing your form?	
8	Are you getting yourself in the zone for your sessions? Thinking of why it's important you perform and putting on music to prime you for your session?	
9	Are you auto-regulating your sessions based on energy availability, recovery, injury or sickness?	
10	Are you completing all of your sessions? If so, are you doing them to the 100% best of your ability?	

TOP FOCUS

The one aspect of my training that I need to focus on is:

ACTION	I WILL KNOW I AM ON TOP OF THIS ACTION WHEN...

COACHABILITY

GOAL	ACTION	COMMENT
1	Are you taking time to reflect on your progress by filling your check ins? Are you doing this on time and to the best of your ability reflecting on the highs, lows and actions needed to facilitate high levels of progress?	
2	Are you regularly asking questions in the group or zoom sessions that you're uncertain around?	
3	Are you searching in the lab for the answers to any questions you currently have and regularly upskilling yourself?	
4	Are you regularly connecting with others in the community to help support yourself on your journey?	
5	Are you giving this process 100%? The more you put in, the more you will get out?	
6	Are you taking time in your week to go through the group and pick up quality information and inspiration?	
7	Are you commenting on the group cards to keep yourself on track?	
8	Are you sharing wins, lessons and experience in the group? Are you being a great team player and help build this amazing community with support?	
9	When faced with an obstacle, are you approaching it with curiosity to find a solution or frustration?	
10	Are you happy with your results? If not, why not?	

TOP FOCUS

The one aspect of my coachability that I need to focus on is:

ACTION	I WILL KNOW I AM ON TOP OF THIS ACTION WHEN...