



THE 7-DAY Evening Fat-Loss Audit

NOTICE YOUR PATTERNS. DON'T TRY TO BE PERFECT.

For the next seven days, take a few moments to notice what's really happening between dinner and bedtime. This isn't about rules — it's about finding the one habit that could make the biggest difference for you.

Small awareness leads to big changes.

DAY	 WHEN DID I FINISH EATING?	 DID I MOVE AFTER DINNER?	 WHY DID I WANT TO EAT? (CHECK ALL THAT APPLY)	 WHAT TIME DID I GET TO BED?	 ONE THING I COULD DO TONIGHT TO MAKE TOMORROW EASIER
DAY 1 <i>Mon</i>		☐ Yes ☐ A little ☐ No	☐ Hunger ☐ Stress ☐ Boredom ☐ Tired ☐ Habit ☐ None		
DAY 2 <i>Tue</i>		☐ Yes ☐ A little ☐ No	☐ Hunger ☐ Stress ☐ Boredom ☐ Tired ☐ Habit ☐ None		
DAY 3 <i>Wed</i>		☐ Yes ☐ A little ☐ No	☐ Hunger ☐ Stress ☐ Boredom ☐ Tired ☐ Habit ☐ None		
DAY 4 <i>Thu</i>		☐ Yes ☐ A little ☐ No	☐ Hunger ☐ Stress ☐ Boredom ☐ Tired ☐ Habit ☐ None		
DAY 5 <i>Fri</i>		☐ Yes ☐ A little ☐ No	☐ Hunger ☐ Stress ☐ Boredom ☐ Tired ☐ Habit ☐ None		
DAY 6 <i>Sat</i>		☐ Yes ☐ A little ☐ No	☐ Hunger ☐ Stress ☐ Boredom ☐ Tired ☐ Habit ☐ None		
DAY 7 <i>Sun</i>		☐ Yes ☐ A little ☐ No	☐ Hunger ☐ Stress ☐ Boredom ☐ Tired ☐ Habit ☐ None		

WHAT PATTERN DO YOU NOTICE?

- ☐ I tend to graze after dinner
- ☐ I'm often genuinely hungry later
- ☐ Stress or tiredness triggers eating
- ☐ I don't move much after dinner
- ☐ I stay up later than I mean to
- ☐ My evenings are actually pretty solid!

MY BIGGEST OPPORTUNITY:

ONE THING I'LL TRY THIS WEEK:

You don't need to change everything.
Find the one pattern that stands out and start there.

