



weight management psychology

## Environment for Transformation Audit

*You are a product of your environment.  
So choose the environment that will  
best develop you toward your objective.  
Analyse your life in terms of its environment.  
Are the things around you helping you toward success –  
or are they holding you back?*

*– Clement Stone*

To explore the effect your environment may be having on your eating, drinking, and physical activity habits, tick the following that apply to you. Don't worry too much about your answers, just answer what best fits your environment currently. Use your own understanding when defining "nutritious" vs "non-nutritious" meals (i.e., what is nutritious and non-nutritious to you) and if you feel you need further nutritional knowledge we recommend seeing a trusted dietitian or nutrition professional.

- STEP 1** Audit your environment with the following checklist (place ticks in the first "AUDIT" column) and score your results.
- STEP 2** Work through the suggestions and transform your environment in a way that is right for you!
- STEP 3** Re-Audit your environment (placing ticks in the second "RE-AUDIT" column) and score your results. Sit back and acknowledge the awesome changes you have made!

# Environment for Transformation Audit - Supportive Factors (Transformation Factors)



<b>Home Environment</b>		<b>AUDIT</b>	<b>RE-AUDIT</b>
Nutrition	Are nutritious meals available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are nutritious meals convenient (e.g., easy to prepare or ready made)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are nutritious snacks available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are nutritious snacks convenient (e.g., easy to prepare or ready made)?	<input type="checkbox"/>	<input type="checkbox"/>
	Is water conveniently available?	<input type="checkbox"/>	<input type="checkbox"/>
	Is water visible (e.g., water jug)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are small plates available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are small plates more easily accessible than large ones?	<input type="checkbox"/>	<input type="checkbox"/>
	Are small bowls available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are small bowls more easily accessible than large ones?	<input type="checkbox"/>	<input type="checkbox"/>
	Are small serving bowls available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are small serving bowls more convenient than large ones?	<input type="checkbox"/>	<input type="checkbox"/>
	Are individually portioned packages of food available (i.e., not family packs)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are individually portioned drinks available (i.e., not family bottles)?	<input type="checkbox"/>	<input type="checkbox"/>
	Do I have nutritious food delivered to me (e.g., food delivery service)?	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	Is suitable exercise clothing available?	<input type="checkbox"/>	<input type="checkbox"/>
	Is suitable exercise clothing convenient (i.e., clean, dry, and ready to wear)?	<input type="checkbox"/>	<input type="checkbox"/>
	Do I have comfortable exercise clothing?	<input type="checkbox"/>	<input type="checkbox"/>
	Do I have exercise clothing that is nice to wear?	<input type="checkbox"/>	<input type="checkbox"/>
	Is there an area for physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
	Is there a comfortable area for physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
	Is there a reasonably well equipped area for physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
	Is there equipment for physical activity (e.g., bikes or a swimming pool)?	<input type="checkbox"/>	<input type="checkbox"/>
<b>Work Environment</b>			
Nutrition	Are nutritious meals available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are nutritious meals convenient (e.g., easy to prepare or ready made)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are nutritious snacks available.	<input type="checkbox"/>	<input type="checkbox"/>
	Are nutritious snacks convenient (e.g., easy to prepare or ready made)?	<input type="checkbox"/>	<input type="checkbox"/>
	Is water conveniently available (e.g., water cooler)?	<input type="checkbox"/>	<input type="checkbox"/>
	Is water visible (e.g., glass of water at desk)?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular breakfasts that offer nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular morning teas that offer nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular lunches that offer nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular afternoon teas that offer nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular dinners that offer nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular meetings that offer nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	Is suitable exercise clothing available?	<input type="checkbox"/>	<input type="checkbox"/>
	Is suitable exercise clothing convenient (i.e., easy to access)?	<input type="checkbox"/>	<input type="checkbox"/>
	Is there an area for physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
	Is there a comfortable area for physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
	Is there a reasonably well equipped area for physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
	Are there stairs available for use?	<input type="checkbox"/>	<input type="checkbox"/>
	Are there showering/changing facilities at work?	<input type="checkbox"/>	<input type="checkbox"/>
	Are showering/changing facilities convenient?	<input type="checkbox"/>	<input type="checkbox"/>
	Are showering/changing facilities comfortable?	<input type="checkbox"/>	<input type="checkbox"/>
	Is there bike storage at work?	<input type="checkbox"/>	<input type="checkbox"/>
Is there a walking group at work?	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Other Environment</b>			
Nutrition	Do I attend restaurants that offer nutritious options?	<input type="checkbox"/>	<input type="checkbox"/>
	Do I attend restaurants that offer appropriate portion sizes?	<input type="checkbox"/>	<input type="checkbox"/>
	Do I attend restaurants that will alter meals?	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	Is there a safe area to be physically active close to home?	<input type="checkbox"/>	<input type="checkbox"/>
	Is there a pleasant area to be physically active that is close to home?	<input type="checkbox"/>	<input type="checkbox"/>
	Do I attend places where I am physically active (e.g., gym, swimming pool)	<input type="checkbox"/>	<input type="checkbox"/>

Now, go through the list of supportive factors and tally those that you have ticked.

**Number of supportive factors:** \_\_\_\_\_

# Environment for Transformation Audit - Unsupportive Factors (Stay-The-Same Factors)



<b>Home Environment</b>		<b>AUDIT</b>	<b>RE-AUDIT</b>
Nutrition	Are non-nutritious meals available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are non-nutritious meals convenient (e.g., easy to prepare or ready made)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are non-nutritious snacks available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are non-nutritious snacks convenient (e.g., easy to prepare or ready made)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are non-nutritious snacks visible (e.g., a lolly jar)	<input type="checkbox"/>	<input type="checkbox"/>
	Are soft drinks/high sugar drinks/fruit juices available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are soft drinks/high sugar drinks/fruit juices convenient (e.g., cold in fridge)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are alcoholic drinks available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are alcoholic drinks convenient (e.g., cold in fridge)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are alcoholic drinks visible (e.g., open wine rack)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are large plates available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are large plates more easily accessible than small ones?	<input type="checkbox"/>	<input type="checkbox"/>
	Are large bowls available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are large bowls more easily accessible than small ones?	<input type="checkbox"/>	<input type="checkbox"/>
	Are large serving bowls available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are large serving bowls more convenient than small ones?	<input type="checkbox"/>	<input type="checkbox"/>
	Are large packages of non-nutritious food available (e.g., family packs)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are large serving bowls available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are large bottles of non-nutritious drinks available (e.g., family bottles)?	<input type="checkbox"/>	<input type="checkbox"/>
	Do I have non-nutritious food delivered to me (e.g., food delivery service)?	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	How many screens do you generally have turned on in a day? (Tick a box for <b>each</b> device - consider Television, phone, tablet, computer etc.)		
	1	<input type="checkbox"/>	<input type="checkbox"/>
	2	<input type="checkbox"/>	<input type="checkbox"/>
	3	<input type="checkbox"/>	<input type="checkbox"/>
	4	<input type="checkbox"/>	<input type="checkbox"/>
	5	<input type="checkbox"/>	<input type="checkbox"/>
	6	<input type="checkbox"/>	<input type="checkbox"/>
	7	<input type="checkbox"/>	<input type="checkbox"/>
	8	<input type="checkbox"/>	<input type="checkbox"/>
<b>Work Environment</b>			
Nutrition	Are non-nutritious meals available?	<input type="checkbox"/>	<input type="checkbox"/>
	Are non-nutritious meals convenient (e.g., easy to prepare or ready made)?	<input type="checkbox"/>	<input type="checkbox"/>
	Are non-nutritious snacks available.	<input type="checkbox"/>	<input type="checkbox"/>
	Are nutritious snacks convenient (e.g., easy to prepare or ready made)?	<input type="checkbox"/>	<input type="checkbox"/>
	Is alcohol conveniently available?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular breakfasts that offer non-nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular morning teas that offer non-nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular lunches that offer non-nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular afternoon teas that offer non-nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular dinners that offer non-nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace have regular meetings that offer non-nutritious foods?	<input type="checkbox"/>	<input type="checkbox"/>
	Does your workplace regularly hold events that offer alcohol?	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity	How many screens do you generally have turned on in a day? (Tick a box for <b>each</b> device - consider Television, phone, tablet, computer etc.)		
	1	<input type="checkbox"/>	<input type="checkbox"/>
	2	<input type="checkbox"/>	<input type="checkbox"/>
	3	<input type="checkbox"/>	<input type="checkbox"/>
	4	<input type="checkbox"/>	<input type="checkbox"/>
	5	<input type="checkbox"/>	<input type="checkbox"/>
	6	<input type="checkbox"/>	<input type="checkbox"/>
	7	<input type="checkbox"/>	<input type="checkbox"/>
	8	<input type="checkbox"/>	<input type="checkbox"/>

Number of unsupportive factors: \_\_\_\_\_

Subtract the amount of unsupportive factors from the supportive factors to give you an overall score. Note that this number may be a positive or a negative one.

Number of supportive factors: \_\_\_\_\_

Number of unsupportive factors: \_\_\_\_\_

ENVIRONMENT FOR TRANSFORMATION score: \_\_\_\_\_

<b>Highly Unsupportive Environment</b>	<b>Somewhat Unsupportive Environment</b>	<b>Neutral Environment</b>	<b>Somewhat Supportive Environment</b>	<b>Highly Supportive Environment</b>
-47 to -26	-25 to -11	-10 - +10	+11-25	26-52

Improving your total score will help you achieve your eating, physical activity and health transformation, and may be even more important for maintaining your success. Guided by the recommendations below, aim to transform your environment as much as you can. Afterwards you will reassess your environment to measure the improvements you've made. Aim to improve your environment by at least one category (e.g., from a neutral environment to a somewhat supportive environment)!

### Transforming your Environment

Changing your physical environment can seem like a daunting task but it's really quite simple – it is a matter of deciding which changes would most benefit and getting to work! First, revisit the audit and take note of the supportive factors, asking “Are there any boxes I didn't tick that I could?” Second, take note of the unsupportive factors, asking “Which boxes did I tick that I could remove?”. You may like to take a highlighter to emphasise these points of change.

Some changes will be easy, others more difficult. Similarly, some changes will be more beneficial than others (although it is hard to tell which exactly until the change has been made). Begin with changes that will give you the most benefit for the least investment – the “most bang for buck”! Then work on until you find that the changes are more difficult than you are currently willing to accept, don't result in enough benefit, or both.

Setting your environment up for success improves your likelihood of making better decisions. It means that you make better choices with less will power, and improves your chances of creating healthy habits that last for life!



## Some strategies to improve your physical environment

1. Over the course of a weekend (and possibly the following week) aim for a complete “environment overhaul”. This may be a bit of a shock to the system, but can be a brilliant kick-start!
2. Over the course of several weeks or months, aim to make a certain amount of small changes (e.g., 1 per week), until you are happy.
3. Work hard at adapting one environment until you are completely satisfied with the results, then shift your focus to another one (e.g., start with home and once you’re happy move on to work)!
4. Change your exposure to environments based on the extent they support your transformation, making simple rules like “I will go to the pub monthly instead of weekly”, “I will go to the pool weekly”, or “I don’t do buffet restaurants at all anymore”!
5. Re-arrange! While sometimes you may have to buy or throw out certain items, rearranging your environment can play a big role in creating a deliberately developed healthy environment! Here are some examples (although I’m sure you will be able to think of your own!).
  - a. Rearrange your kitchen cupboards and drawers to that smaller cooking, eating, and serving implements are more conveniently accessible than larger ones. This has the synergistic effect of decreasing unsupportive factors whilst also increasing supportive ones.
  - b. Create an exercise room! Instead of having an unused study or second TV room, turn it into an exercise shrine! One client had a new treadmill placed in a room with surround sound, a large-screen television, and a collection of her favourite DVDs – needless to say, motivation to exercise was no longer an issue!
  - c. Look at the furniture in your house. Is there any way it could be rearranged? For example, do you have a closed-door cupboard that you could use to hide the television so it doesn’t beckon you every time you walk past? Could you turn a second TV room into a dining room, giving you somewhere nicer to eat that’s not in front of the television?
  - d. Create a sanctuary! Make a place in or outside your home where you can have some “me time”. Ensure that it is free of food or drink cues, and has non-food relaxation cues. It can even form a useful escape to the impulse to overeat. Example from clients include Bill, who created a shed to tinker when he got home from work, and Reana, who created a beautiful place to relax daily (and visit when she got a little frazzled)!
  - e. If other people enjoy food that you don’t want to eat at the present time, they may be able to keep it in a separate refrigerator, cupboard, or in their room. Then they can enjoy the food without hindering your progress!

Changes I will make to my environment (tick when done).

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Further Support

To help with nutritious food planning and shopping you may want to download our:

[Meal and Movement Planner](#)  
[Grocery List](#)

<https://www.weightmanagementpsychology.com.au/free-resources/>

## Your Involvement

*Human behavior is a function of both the person and the environment*  
*- Kurt Lewin, Renowned Social Psychologist*

Making changes to your environment doesn't absolve you of responsibility to make appropriate choices, it simply increases the odds that you will make them. It is about understanding and accepting our natural tendencies to react to cues to eat (whether nutritiously or otherwise) and move (or stay sedentary). The biggest mediating factor between the environment and your eating and physical activity is still your choice. Thus, managing the effects of the physical environment involves not an absence of personal responsibility to make choices, but a shifting of responsibility to a combination of (a) making good choices, and (b) setting up your situation so it supports making them as much as possible!

## What about other people?

Sometimes other people can make changing your environment challenging. Others may enjoy having certain "treats" in the house, or prefer a room be used for lounging rather than physical activity. Here are some thoughts that may help:

1. You always have a right to be healthy.
2. Often changes benefit everyone (despite some nagging or tantrums)!
3. We may be using others as a handy excuse. For example, often food bought for a partner or children mysteriously ends up in our mouths. If we are to be completely honest the less-conscious part of us knew it would end up there all along!

## Reassessment

Return to the physical environment audit and tick the relevant boxes in the "Re-Audit" column. Rescore your test and check the result.

Number of supportive factors: \_\_\_\_\_  
Number of unsupportive factors: \_\_\_\_\_  
Total environment score: \_\_\_\_\_

Highly Unsupportive Environment	Somewhat Unsupportive Environment	Neutral Environment	Somewhat Supportive Environment	Highly Supportive Environment
-47 to -26	-25 to -11	-10 - +10	+11-25	26-52

Audit score: \_\_\_\_\_  
Reaudit score: \_\_\_\_\_

If you have improved your environment, congratulations! You have taken an important step towards your goals. Be mindful to maintain your new environment so the results last into the long-term. Soon your new environment will seem completely normal to you, as will the habits it helps create!