



Audit-to-Action Plan

Video Walkthrough will be linked [HERE](#).

Prepared for: *your name goes here* 🧡

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Date:

Share your feedback for this experience [HERE](#)

Review Medical Disclaimer [HERE](#).

Send questions to amy@amybehimercoaching.com

Welcome!

[Personal message, just for you.]

This plan isn't a prescription — it's a playground of ideas. Some of them will feel like obvious next steps. Others might be more like my “Tree Test.” What's that you may be wondering? It's like living next to a tree you're allergic to. You don't realize how it's affecting you...until you spend a week away and suddenly feel better. Only then can you see the full impact.

The “Tree Test” options I will share (see below) is about experimenting with those subtle, background habits that you may not even be aware of, to see if stepping away makes a difference. No pressure, just curiosity. It also reminds us that not every energy drain shouts — some whisper. You might only realize what feels good *or not so good* once you experiment with changing it.

Here, you'll see **energy drains paired with potential energy gains**, each with the what, why, and how. Pick and test what feels doable, ignore what doesn't, and treat it all as an experiment.

What We Audited

[Personal message...I'll know once we audit!]

Main Insights

[Personal, overarching themes based on what I learn about you! These become golden threads of awareness that show up again and again and are applicable throughout many areas of life!]

1

2

Quick-ish Wins (# may vary, typically 2-5)

🚫: a habitual thought, feeling, and/or action I see possibly draining your energy, and/or leading to inflammation, and/or not doing your cells any favors.

🌱: a potential energy gain instead.

Why: I'll be sure to include a bit of the science behind why this change is worth trying, to help with buy-in from your brain.

How: I'll be sure to include resources to help with follow-through here!

The Long Game (# may vary, typically 3-6)

🔴: a habitual thought, feeling, and/or action I see possibly draining your energy, and/or leading to inflammation, and/or not doing your cells any favors.

🟢: a potential energy gain instead.

Why: I'll be sure to include a bit of the science behind why this change is worth trying, to help with buy-in from your brain.

How: I'll be sure to include resources to help with follow-through here!

The “Tree Test” (aka Amy’s must-haves) (# may vary, typically 4-6)

🔴: a habitual thought, feeling, and/or action I see possibly draining your energy, and/or leading to inflammation, and/or not doing your cells any favors.

🟢: a potential energy gain instead.

Why: I'll be sure to include a bit of the science behind why this change is worth trying, to help with buy-in from your brain.

How: I'll be sure to include resources to help with follow-through here!

Resources

[Personal and curated list of links to resources to help you follow-through on this Audit-to-Action Plan. Yours to come back to again and again.]

(🧠) Mindset (🥑) Food (💪) Movement (🏃) R&R (💤) Connection (🔥) The “Good” Stress

What’s Next?

You’ve got your plan. Now it’s time to work it, *until* it works.

[Personal and will include ways to continue to have support from me as your coach...if and only if I feel I can help. Take this opportunity or leave it based on how you feel about what’s possible after our work together here. Your Habit Audit will stand on its own in value. This section can be considered icing on the cake 🍰 (gluten-free for me please).]

Final Note From Me ❤️

Changing *anything*, especially your habits takes work. But I know you’re up for it. How do I know? You gave your *time, energy, and resources* to do this Habit Audit with me. You’re ready. I’m rooting for you every step of the way.

[Personal message here 😊 to send you on your feel-good habit way, of course!]

Up to spread some kindness? [I’d love to hear about your experience with me and this Habit Audit HERE.](#) Thank you.