

The Drift Audit

Quarterly, ten minutes.

1. Am I still tracking anything, even loosely, or did that stop?

2. Am I still taking supplements daily, or is it more like most days?

3. When did I last have bloodwork done?

4. Has my eating speed crept up?

5. Am I still eating protein first, or has it drifted to whatever's convenient?

6. Have my portions grown gradually? Would last year's portion look small to me now?

7. Am I drinking what I used to drink, or has that slipped?

8. Am I still moving the way I was six months ago?

9. When did I last weigh myself or take a measurement?

10. Am I avoiding any of these questions? Which one, and why?
