

# Electric Life Lifestyle Audit™

## A Nervous System & Movement-Based Self-Assessment

### Instructions

This audit is designed to help you identify the daily habits and patterns that may be contributing to tension, poor movement, or recurring discomfort.

Your body is constantly adapting to what you do every day.

This is not about perfection — it's about **awareness**.

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## SECTION 1 — Daily Posture & Work Environment

### Why This Matters

Your body adapts to the positions you spend the most time in.

If you sit for long periods — especially in a flexed or forward posture — the nervous system begins to **normalize that position**. Over time, this can lead to:

- tight hips
- rounded shoulders
- forward head posture
- reduced spinal mobility

The longer you stay in one position, the more the body builds **compensation patterns** around it.

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### Sitting & Desk Habits

- I sit for more than 6–8 hours per day
- I notice slouching or forward head posture
- My screen is below eye level
- I work primarily on a laptop without ergonomic setup
- I stay in one position for long periods
- I rarely take movement breaks

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## Work Environment

- My chair does not provide support
  - I lean to one side while working
  - I cross my legs frequently
  - I use a phone or second screen off to one side
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# SECTION 2 — Driving & Commuting

## Why This Matters

Driving places your body in a **fixed, asymmetrical position** for extended periods.

Your hips are flexed, your spine is often rounded, and your arms are positioned forward. Over time, this can create:

- low back stiffness
- hip tightness
- asymmetrical posture
- reduced spinal rotation

Your nervous system adapts to this position just like it does at your desk.

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- I drive frequently or for long periods
  - I feel stiff after driving
  - I sit in a rounded or slouched position
  - I lean to one side while driving
  - My seat position hasn't been adjusted intentionally
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# SECTION 3 — Sleep & Recovery

## Why This Matters

Sleep is when your body performs its most important **recovery and repair processes**.

But your sleep position also places your body in a posture for 6–8 hours.

Poor positioning or lack of support can lead to:

- neck and shoulder tension
- low back discomfort
- restricted breathing
- poor recovery

Your body should be able to **relax and recover during sleep**, not reinforce tension patterns.

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- I wake up stiff or sore
  - I wake up frequently during the night
  - I am unsure if my pillow supports my neck
  - I sleep on my stomach
  - I sleep in the same position every night
  - I feel unrested in the morning
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## SECTION 4 — Movement & Exercise

### Why This Matters

Movement is one of the most powerful ways to influence the nervous system.

But not all movement is equal.

If movement is:

- unbalanced
- repetitive
- lacking mobility or control

it can reinforce the same patterns that lead to dysfunction.

The goal is not just to move — but to **move well, with coordination and control**.

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- I do not follow a structured movement program
  - I skip warm-ups or mobility work
  - I train but still feel tight or restricted
  - I focus only on certain muscle groups
  - I don't train balance or coordination
  - I don't include recovery or rest days
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# SECTION 5 — Daily Movement Habits

## Why This Matters

What you do outside the gym matters more than what you do inside it.

Your daily habits — how you bend, carry, sit, and move — shape your body over time.

Repetitive, asymmetrical, or unconscious movement patterns can lead to:

- muscle imbalances
- joint stress
- compensation patterns
- reduced movement efficiency

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- I sit more than I move throughout the day
  - I rarely get on the floor or change positions
  - I carry bags, kids, or loads on one side
  - I bend or lift without awareness
  - I avoid certain movements due to discomfort
  - I feel stiff when transitioning from sitting to standing
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# SECTION 6 — Stress & Nervous System

## Why This Matters

Your nervous system controls how your body responds to stress.

When the body stays in a **chronic stress state (fight-or-flight)**, it can lead to:

- increased muscle tension
- reduced recovery
- shallow breathing
- heightened sensitivity to pain
- fatigue

The body may feel tight or “on edge” even without a clear physical cause.

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- I feel constantly “on” or stressed
  - I have difficulty relaxing
  - I feel tension in my neck, shoulders, or jaw

- I grind or clench my teeth
  - I feel fatigued but wired
  - I struggle to fully unwind
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## SECTION 7 — Breathing Patterns

### Why This Matters

Breathing is one of the most direct ways to influence the nervous system.

Shallow or restricted breathing patterns are often associated with stress and tension.

Over time, poor breathing patterns can contribute to:

- neck and shoulder tension
- reduced core stability
- limited movement efficiency
- increased stress responses

Efficient breathing supports both **movement and nervous system regulation**.

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- I breathe mostly through my chest
  - My breathing feels shallow
  - I notice I hold my breath during stress or movement
  - I rarely take deep breaths intentionally
  - I feel tension when trying to breathe deeply
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## SECTION 8 — Recovery & Lifestyle

### Why This Matters

Recovery is where the body adapts, heals, and becomes stronger.

Without adequate recovery, the body remains in a constant state of stress.

Over time, this can lead to:

- fatigue
- decreased performance

- increased tension
- slower healing

Recovery is not optional — it is essential.

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- I do not prioritize sleep
  - I use screens late at night
  - I rarely take time to relax or recover
  - I feel like I am always “go-go-go”
  - I don't schedule downtime
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## SCORING

### 0–10 checks

You have a strong foundation. Small adjustments can improve performance and longevity.

### 10–25 checks

There are patterns contributing to tension or movement limitations.

### 25+ checks

Your body is likely adapting to multiple stress patterns that may be impacting how you feel and move.

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## What This Means

Your body is always adapting to your inputs.

If multiple areas are checked, your body may be:

- holding unnecessary tension
- compensating in movement
- limiting mobility
- reinforcing stress patterns

This is not a problem — it's simply information.

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# Your Next Step

At **Electric Life Chiropractic in Indianapolis**, we help you:

- understand these patterns
  - improve your daily habits
  - support your nervous system
  - move and feel better long-term
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## Bring This With You

Bring this audit to your visit, and we'll help you identify:

- the biggest drivers of your tension
  - simple changes that will help
  - a plan that fits your lifestyle
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## Or Get Started

**Schedule Your First Visit**

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# Optional Reflection

**Top 3 Areas I Want to Improve**

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  2. \_\_\_\_\_
  3. \_\_\_\_\_
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