

LIFESTYLE AUDIT: DIAGNOSTIC TOOL

KIDS ARE BEING DIAGNOSED WITHOUT EVER BEING SCREENED FOR
LIFESTYLE DYSFUNCTION. WE'RE CHANGING THAT.

NUTRITION

- ☐ Eats breakfast with protein/fat
- ☐ Ultra-processed foods limited to less than twice per week
- ☐ Eats vegetables and whole foods daily

Why it matters: Nutrient deficiencies (iron, zinc, B12, Omega-3s) and blood sugar crashes can mimic attention, mood, and aggression issues.

SLEEP

- ☐ Sleeps 7+ hours per night
- ☐ Consistent bedtime routine (bedtime + rise), even on weekends
- ☐ Falls asleep within 20 minutes
- ☐ Bedroom is dark and screen-free

Why it matters: Sleep deprivation impairs executive function, impulse control, and emotional regulation.

MOVEMENT & EXERCISE

- ☐ Moves body vigorously for at least 30 minutes each day
- ☐ Plays outdoors 3x per week
- ☐ Involved in physical activity or sport

Why it matters: Physical activity increases dopamine, serotonin, and BDNF—natural brain chemicals that improve mood, focus, and behavior.

STRESS RESILIENCE

- ☐ Is able to calm self after being upset
- ☐ Regularly practices self-control and self-management strategies
- ☐ Engages in regular, screen-free hobbies or interests

NERVOUS SYSTEM FUNCTION

- ☐ Breathes through their nose most of the time
- ☐ Does not stay agitated, anxious, or upset for several hours
- ☐ Does not respond disproportionately to small changes or stressors

Why it matters: These issues can mimic or amplify ADHD, ODD, or anxiety disorders—but they're often just signs of a nervous system stuck in "fight or flight."

SCREEN TIME & STIMULATION

- ☐ Less than 3 hours of screen time per day
- ☐ Screens are avoided in the hour leading up to bedtime
- ☐ Spends time being bored

Why it matters: High stimulation media is linked to impulsivity, attention problems, and mood dysregulation.

NATURE EXPOSURE

- ☐ Spends time outdoors on a regular basis (multiple times per week)
- ☐ Outdoor play is prioritized over screen time whenever possible
- ☐ Curious about and tolerant to messy, sometimes risky play

DAILY PRACTICES ON FOLLOWING
PAGE.

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NUTRITION DAILY PRACTICES

- ☐ Breakfast: One protein, One Fat
- ☐ Lunch: One Fruit, One Veggie
- ☐ Dinner: Screenless With Family
- ☐ EXTRA: Drink water before more food is offered

SLEEP NIGHTLY PRACTICES

- ☐ No screen use in the bed
- ☐ Keep the room cool and dark with blackout curtains/fan
- ☐ Go to bed at the same time each day
- ☐ Wake up at the same time each day

NERVOUS SYSTEM + OUTDOOR DAILY PRACTICES

- ☐ Slow walks before/after dinner
- ☐ Get 15+ minutes of outdoor time daily
- ☐ Swing, spin, balance, or crawl daily
- ☐ Allow for risky play without adult intervention
- ☐ Do not sweep in to solve problems; kids can do it!

STRESS TOLERANCE DAILY PRACTICES

- ☐ Encourage your child to do something they're scared to do
- ☐ It's even better if what they choose to do is done without you!
- ☐ Involve your child in meal preparation each day, even if it is just learning to chop or peel one vegetable
- ☐ Allow minor distress to occur and do not rescue your child from it
- ☐ Say "not right now" on purpose--- let them practice boredom and patience
- ☐ Name stress without solving it: "That sounds hard. You can handle it."
- ☐ One hour per week: no complaining and no quitting

MIND YOUR MOTION

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