Home Health Audit Checklist

One small change at a time. Big results over time.

KITCHEN

[ ] Am I using oils like canola, vegetable, soybean, or margarine?

[ ] Have I replaced them with olive, avocado, ghee, coconut oil, or butter?

[ ] Are my cooking pans scratched or worn non-stick?

[ ] Have I swapped in stainless steel, cast iron, or ceramic options?

[ ] Am I using plastic containers to store hot or acidic food?

[ ] Have I upgraded to glass or stainless steel storage?

[ ] Do I microwave food in plastic? (If yes, stop!)

[ ] Do I regularly buy items with seed oils, added sugars, or artificial flavors?

[ ] Have I read labels on sauces, dressings, snacks, and bars lately?

[ ] Can I swap at least 1 item a week for a cleaner version?

[ ] Do I drink straight from the tap without a filter?

[ ] Have I considered a water filter (pitcher, faucet, or under-sink)?

[ ] Do I store water in BPA-free or glass bottles?

SUPPLEMENTS & FOOD ADD-ONS

[ ] Do my supplements contain fillers, food dyes, or artificial sweeteners?

[ ] Have I checked for third-party testing or quality certifications?

[ ] Does my protein powder have added sugar, soy, seed oils, or gums?

[ ] Are any supplements expired or unused? (Toss them.)

BATHROOM & PERSONAL CARE

[ ] Does my toothpaste contain fluoride or sodium lauryl sulfate (SLS)?

[ ] Have I tried a natural or remineralizing alternative?

[ ] Do my products list "fragrance," parabens, sulfates, or phthalates?

[ ] Have I tested a clean brand (e.g., Dr. Bronner's, Native, Everyone)?

[ ] Am I using antibacterial soap daily? (Consider gentler options.)

[ ] Does my deodorant contain aluminum or synthetic fragrance?

[ ] Have I tried an aluminum-free version?

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CLEANING PRODUCTS

[ ] Do I use conventional cleaners with harsh chemicals?

[ ] Have I looked into natural alternatives (vinegar, castile soap, baking soda)?

[ ] Do I use artificial air fresheners or scented sprays?

[ ] Have I swapped to essential oil diffusers or simmer pots?

[ ] Is my laundry detergent labeled "fragrance-free" or "non-toxic"?

[ ] Am I using dryer sheets? (Switch to wool balls if so.)

GENERAL ENVIRONMENT

[ ] Do I regularly open windows for fresh air circulation?

[ ] Have I cleaned or replaced HVAC filters in the last 6 months?

[ ] Have I checked for visible mold in bathrooms, basements, or behind appliances?

[ ] Do I have an air purifier in high-use rooms?

[ ] Do I use screens late at night without blue light filters?

[ ] Have I tried blue light blocking glasses or dimming lights after sunset?

[ ] Is my bedroom dark, quiet, and cool for sleep?

[ ] Do I charge my phone beside my bed? (Consider moving it.)

[ ] Do I keep Wi-Fi on 24/7? (Try turning it off overnight.)

ACTION PLAN

[ ] Pick one area to audit this week

[ ] Swap out one product that could be upgraded

[ ] Revisit this list monthly to continue upgrading your home