

# KNOW YOUR NUMBERS



How many working sets are you doing per muscle group per week?

What is the total volume you're lifting per session?

How many minutes of mobility work do you do per week?

How many hours do you sit vs. stand each day?

What is your average daily, weekly, monthly, and 6-monthly step count?

What's your VO2Max and personal Zone 2?

What's your RMR and what proportion of calories burned are from carbs vs. fat?

How much protein are you eating per day and from what sources?

How many grams of carbs are you eating, total & before training?

How much water are you drinking daily?

Are you supplementing creatine?

How many meals do you eat outside the home per day, week, and month?

How many units of alcohol do you drink per week?

How many workouts are you getting per week, per month, per quarter?

What is your body fat percentage?

What is your ALMI, and what percentile is that?

How much do you sleep per night - weekdays and weekends?

What is your measured handgrip strength?

How long is your menstrual cycle - and how many days do your menses last?

When did you last do bloodwork - What are your Ferritin, B12, Vit D levels?

How often do you acknowledge & celebrate even your smallest victories?

How enforced are your boundaries around health vs. socialising and work?

*When's the last time you checked in with your bigger WHY?*