

KNOW YOUR NUMBERS

The Numbers Log

One page, four times a year. Write the number, the date, and nothing else. The point is the comparison, not the reading.

Metric	Q1	Q2	Q3	Q4
Resting heart rate bpm — measured before getting up	_____	_____	_____	_____
Blood pressure (systolic) mmHg — seated, arm supported	_____	_____	_____	_____
Blood pressure (diastolic) mmHg — same cuff each time	_____	_____	_____	_____
Weight kg or lb — optional, same scale each time	_____	_____	_____	_____
Waist cm or in — optional, at the navel	_____	_____	_____	_____
A1C % — only when a lab actually measured it	_____	_____	_____	_____
TDEE estimate kcal/day — from the calculator	_____	_____	_____	_____
Protein target g/day — from the calculator	_____	_____	_____	_____
Zone-2 minutes min/week — a typical week	_____	_____	_____	_____
My own number whatever you are actually working on	_____	_____	_____	_____

A change smaller than the measurement error is not a change. Take each number the same way each time — same scale, same time of day, same arm — and bring this page to your next appointment.