

7 NUMBERS WORTH TRACKING.

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1

Waist measurement

Measure at the same spot and the same time of day, ideally before eating, so each reading can be compared.

2

Main lift's working weight

The weight you use for your working sets. It can go up even when your bodyweight stays the same.

3

Resting heart rate

Check it first thing in the morning. A lower number over several weeks usually means your fitness is improving.

4

Hours of sleep

Count the hours you are asleep, which is usually fewer than the hours you spend in bed.

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5

Grip strength

How long you can hang from a bar, or how much you can carry. A drop can be a sign you are not recovering well.

6

Daily steps

The movement you do outside the gym, which covers most of your week.

7

Protein per day

Add up the grams you eat each day. Protein supports muscle recovery after training.

YOUR TRACKING LOG

Waist, resting heart rate	Every 2 weeks
Main lift	Each session, compare each month
Sleep, steps, protein	Daily, rough estimate is fine
Grip strength	Once a month

BOOK A FREE CALL

If you would like to talk through your training, I offer a free 20 minute call on Google Meet. Calls run on Wednesday and Thursday mornings, Malaysia time, and slots are booked at least a week ahead.

18

Years of coaching

5.0

Rating across 35 Google reviews

BANGSAR

In person at Jalan Telawi 3, or remote

BOOK YOUR FREE CALL →

calendly.com/lukelango-legacycoaching/consult

You can also DM CONSULT to [@coachlukelango](https://www.instagram.com/coachlukelango)