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The 5-Point Fitness Audit **(Be Brutally Honest)**

This is a reality check, not motivation porn.

Score yourself 1–10 on each point.

1 = chaos. 10 = dialled in.

1. Caloric Awareness

Do you roughly know how many calories you eat in a day—and whether that number actually matches your goal (fat loss, maintenance, or muscle gain)?

If you’re “eating clean” but guessing blindly, that’s not awareness. That’s hope.

2. Protein Discipline

Are you consistently hitting 1.6–2.0 g of protein per kg of bodyweight? Protein isn’t optional. It’s the foundation of muscle, recovery, and body recomposition.

3. Training Has a System

Is your training progressive—more reps, more weight, better control over time?

Or are you just sweating through random workouts with nothing to measure?.

4. Recovery & Sleep

Are you averaging 7–8 hours of quality sleep?

Do you manage stress, stretch, and occasionally pull back with deloads instead of grinding nonstop?



5. Energy Tells the Truth

How do you feel:

- When you wake up
- After your afternoon meal
- At night before bed

Stable energy = good systems.

Crashes, fog, restlessness = leaks somewhere.

How to Read Your Score

- 7–8: You're on the right track. Stay consistent.
- 4–6: You're working hard, but structure is missing. Tighten the basics.
- Below 4: Effort isn't the issue. Strategy is. Time to rebuild the approach.

Final note:

Fitness doesn't fail because people don't try.
It fails because feedback loops are missing.
This audit gives you one.