CORPORATE FRAMEWORKS · 01 · THE 80/20 RULE

4 THINGS. NOT 40.

At work it's the 80/20 rule: **a few inputs drive most of the result.** These are the four I check. Tick each one tonight. The one you can't tick is where you start.

1 SLEEP

☐ LAST NIGHT

7 hours, at least.

Check: last night's sleep in your phone or watch.

2 STEPS

☐ TODAY

8–10k a day. The benefit levels off there. 10k isn't magic.

Check: today's steps in your phone's health app.

3 LIFTING

☐ THIS WEEK

2 days a week minimum (WHO). I do 5 now. Start with 2.

Check: lifting days in the last 7. Book the next one in your calendar tonight.

4 PROTEIN

☐ TODAY

The one I missed for years. If you lift, aim for about 1.2–1.6 g per kg of body weight a day (75 kg ≈ 90–120 g). India's minimum is 0.83 g/kg.

Check: add up today's meals with the table below.

QUICK PROTEIN COUNT

Approximate values. Roti and rice alone won't get you there.

2 eggs	**≈12 g**	1 cup curd (200 g)	**≈7–8 g**
100 g paneer	**≈18 g**	50 g soya chunks (dry)	**≈25 g**
1 katori dal (cooked)	**≈7–9 g**	100 g chicken (cooked)	**≈25–30 g**
1 roti	**≈3 g**	1 scoop whey	**≈20–25 g**

Tonight: **tick what you hit.** Pick the one you missed and fix only that one this week. Someday is not a date.

This is how I prioritise, not medical advice. Kidney or liver disease, or told to limit protein? Check with your doctor first. Back problem, injury or a long break from training? Get cleared and start light. Sources: ICMR-NIN RDA 2020; Bauer et al., PROT-AGE, 2013; Morton et al., Br J Sports Med, 2018; WHO physical activity guidelines, 2020; Paluch et al., Lancet Public Health, 2022.