

THE NOURISHED ROOTS JOURNAL



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Q3 Performance Review: Human Body

*A quarterly review, conducted informally, on the
organisation we call our body.*

The Nourished Roots

GOODNESS WITHIN

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THE REVIEW

Employee	You.
Organisation	Your Body.
Review period	Q3
Department	Keeping You Alive
Reporting Manager	Also You
Overall rating	Needs improvement 😞

The Employee–Management Exchange

Employee: "I'm tired."

Management: Have you tried increasing your protein?

Employee: "I can't concentrate."

Management: Have you considered an adaptogen?

Employee: "My back hurts."

Management: Your step count is below target.

Employee: "I didn't sleep well."

Management: Let's optimise your magnesium.

Employee: "I think I need a break."

Management: Have you tried a productivity supplement?



Sounds ridiculous when written like a performance review.

Except... we do this all the time.

The Dashboard Era

Businesses have KPIs. Campaigns have conversion rates. Investments have returns. Cars have performance figures. Employees have appraisals. And increasingly, our bodies have dashboards.

We track sleep. Count steps. Calculate protein. Monitor glucose. Measure calories. Score recovery. Analyse meals.

And then, somehow, the question becomes: “How did I perform today?”

Who Approved These KPIs?

But here's the part worth questioning.

- "Who approved these KPIs? Who decided what a 'high-performing body' is supposed to look like?"
 - 10,000 steps
 - Eight hours of sleep
 - Enough protein
 - Optimal glucose
 - Maximum productivity

Food's New Job Description

And why have we quietly made food part of the performance management system?

Breakfast can now be a productivity strategy. Coffee can be a focus tool. A smoothie can be a recovery intervention. Dinner can be a longevity investment.

“

Food isn't just something we eat
anymore.

It has a job description.
And apparently, it has targets.

The List Keeps Growing

- More protein
- Better digestion
- Stable blood sugar
- More energy
- Better focus
- Better recovery
- Longer life

The list keeps growing.

A Different Kind of Measurement

Of course, none of this means measurement is bad. A useful number can tell us something important. Nutrition science matters. Health markers matter. Sleep matters. Movement matters.

But perhaps there is a difference between using measurement to understand the body and using measurement to constantly manage it.

The Underperforming Employee

Because once everything becomes a KPI, the body starts looking like an underperforming employee.

Tired?

Needs improvement.

Hungry?

Check the macros.

Resting?

Recovery target.

Eating?

Optimise the meal.

And suddenly the body isn't something we live in.



“

*And suddenly the body isn't
something we live in.
It's another project to manage.*

A Question Worth Asking

Maybe that's the part we should reconsider.

Perhaps the human body isn't an employee who needs a better quarterly review. Perhaps we've simply become very demanding managers.

And maybe the next review shouldn't ask:

"How well did you perform?"

Nourish, Not Improve

Maybe it should ask:

“How well did we look after you?”

Because food doesn't always need to improve us.

Sometimes it can simply nourish us.

*“And perhaps that’s a
performance review
worth failing.”*

Pooja Kothari

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Thank you for reading.

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