

PROTEIN INTAKE MONITOR

WEEK STARTING

TARGET DAILY GRAMS

CURRENT WEIGHT

DAY	PRIMARY PROTEIN SOURCES	GOAL (G)	ACTUAL (G)	HIT
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WEEKLY NOTES & RECOVERY OBSERVATIONS

Optimal Protein Tracking Template Focus: 1.6g - 2.2g per kg/bodyweight