

WEEKLY PROGRESS

Week Of:

Starting Weight:

DAY	WEIGHT	PROTEIN (G)	CALORIES	MAIN PROTEIN SOURCES	HIT GOAL
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEKLY REVIEW

Avg. Daily Protein: _____ g

End of Week Weight: _____ lbs

Total Net Change: _____ lbs

NOTES & OBSERVATIONS