

PROTEIN INTAKE & WEIGHT LOSS TRACKER

Target: 0.8g - 1g protein per lb of goal body weight

CURRENT WEIGHT
DAILY PROTEIN GOAL (G)
CALORIE TARGET

Day	Actual Protein (g)	Calorie Total	Goal Met
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

WEEKLY REFLECTION & NOTES

Reflect on energy levels, satiety, and muscle recovery...

Consistency > Perfection