

ATHLETE PROTEIN TRACKER

Week of: _____

Name:

Body Weight:

Daily Goal (g):

DAY	BREAKFAST	LUNCH	POST-WORKOUT	DINNER	TOTAL (G)	GOAL
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Daily Notes (Recovery, Digestion, Energy Levels):

Recommended: 1.6g - 2.2g of protein per kg of body weight for active athletes.