

DAILY PROTEIN INTAKE GUIDE

Target: 1.6g to 2.2g of protein per kg of body weight

BODY WEIGHT (LBS)	BODY WEIGHT (KG)	MODERATE TARGET (G)	OPTIMAL TARGET (G)
120 lbs	54 kg	87g	118g
140 lbs	63 kg	101g	138g
160 lbs	72 kg	115g	158g
180 lbs	81 kg	130g	178g
200 lbs	90 kg	144g	198g
220 lbs	100 kg	160g	220g
240 lbs	108 kg	173g	237g

Calculation Protocol: Lower range (1.6g/kg) is suitable for maintenance or light training. Upper range (2.2g/kg) is recommended for intense hypertrophy training or caloric deficits to preserve lean mass.