

PROTEIN MILESTONE TRACKER

Strength & Hypertrophy Progress Log

ATHLETE NAME

TARGET DAILY GRAMS

CURRENT WEIGHT

STATUS	MILESTONE	REQUIREMENT	DATE MET
	Baseline	0.8g per lb of Bodyweight	
	Consistency	7 Consecutive Days on Target	
	Optimization	20g+ Protein Post-Workout	
	Distribution	4 Meals with 30g+ Protein	
	Elite Habit	30 Days Tracking Compliance	
	Strength Link	New PR while Hitting Macro Goal	

Recommended: Track intake using a digital scale for accuracy. Consult with a nutritionist for personalized targets.