

PROTEIN TRACKER

Weight Training Performance Log

WEEK OF: _____ WEIGHT: _____

Daily Target (g) _____ **g**

Target Per Meal _____ **g**

Training Days _____ / 7

DAY	TOTAL PROTEIN (G)	TRAINING DONE	CALORIE TARGET	STATUS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Weekly Notes (Supplements, Recovery, Strength Gains)

Maintain 0.8g - 1g of protein per lb of body weight for optimal muscle synthesis.