

THE PROTEIN TRACKER — FULL 12-WEEK SET

Sheet 2 — The Protein Tracker — Full 12-Week Set

Your daily number (Chapter 5): goal weight _____ lb x 0.6-0.7 = _____ grams/day.

Per-feeding target: daily number / 3 = _____ grams (should land 30-40).

Feeding times:

Feeding 1	Feeding 2	Feeding 3

Why three and not four: dividing most women's daily totals four ways drops each feeding below the threshold that switches muscle building on. Three larger feedings clear it; four smaller ones often don't. See Chapter 5.

Recognize-30-grams card, from Chapter 5: palm-size chicken breast 35g - same-size salmon 30g - quarter-pound lean patty 28g - three eggs 19g - cup cottage cheese 25g - single-serve Greek yogurt 18-20g - whey scoop 24-30g - cup cooked lentils 15-18g.

Week 1

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 2

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 3

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 4

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 5

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 6

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 7

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 8

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 9

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 10

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 11

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.

Week 12

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Mon				
Tue				

Day	Feeding 1 (g)	Feeding 2 (g)	Feeding 3 (g)	Daily Total (g)
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly Total / 7 Average				

Sunday audit: two consecutive weeks under floor = add one scheduled liquid feeding (Chapter 6). No shame entries -- the audit exists to make silent misses loud while they're cheap.