



Simple protein tracking sheet

Date _____ My goal (optional) _____ g Source: L = label, T = typical value, E = estimate, ✓ = checked off

Morning

Food	Grams	Source (L/T/E/✓)

Afternoon

Food	Grams	Source (L/T/E/✓)

Evening

Food	Grams	Source (L/T/E/✓)

Other / snacks

Food	Grams	Source (L/T/E/✓)

Total: _____ g Estimates included: _____ g