

Skill Building Exercise

1. Calculate Your Protein Goal (Your Weight _____ X . 8 = _____ Grams of Protein per day)

2. Divide Your Protein Grams by 3, for 3 meals a day (Breakfast, Lunch & Dinner)

_____ Grams / 3 = _____ (Grams of Protein per Meal Goal)

3. Log Your Food's Protein Grams. – Don't worry about calories, carbs, or fat. Let's just get a handle on finding the protein in everything we eat and trying to hit our protein goal each day. Check the food label first, if no label, then check the internet or your smartphone fitness app.

Date	Meal (Breakfast,Lunch, Dinner,Snack)	Item	Protein Per Serving	# of Servings	Total Protein

4. Add up your protein grams for the day and compare them to your goal.

Date	Protein Gram Goal	Total Protein Grams	Difference