



**WORKING FOR A**  
**HEALTHIER TN**



# Go Lean with Protein Challenge Tracker

Name \_\_\_\_\_

Department \_\_\_\_\_

Keep track of your daily protein choices. Then make a goal to strive to choose [healthier protein sources](#) (most of the time) for the next three weeks.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>My Baseline: Week 1</b>	<i>Ex: ribs, baked chicken</i>						
<b>My Goal</b>							
<b>Week 2</b>							



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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
My Goal							
Week 3							
Week 4							