

Weekly Macro Tracker

Plan and track protein, carbohydrate, fat and calories across a week.

Targets

Calories	Protein g	Carbs g	Fat g	Notes

Weekly log

Day	Calories	Protein	Carbs	Fat	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Review questions

Question	Answer
Did you hit protein most days?	
Was hunger manageable?	
Did training performance change?	
What should change next week?	

Tools by Layna - General information only. Check official sources or a qualified professional for personal, medical, legal, employment, tax or regulated decisions.