

Weekly Strength and Protein Log

Plan your training days, tick them off, and jot down your protein your way. Missed days are not failures; move, shorten or repeat a session.



Day	Planned session	Done	Protein (my own way)	How I felt
Mon		☐		
Tue		☐		
Wed		☐		
Thu		☐		
Fri		☐		
Sat		☐		
Sun		☐		

THIS WEEK

What went well:

What I will adjust next week (move, shorten or repeat):

Questions for my care team:



Free iPhone app: Sturdy: Strength on GLP-1

A strength training planner and protein log for adults using GLP-1 or other prescribed weight-management medication: a manageable weekly routine, short guided sessions, private, no account.

Not medical advice. Check with your clinician before starting or changing exercise, nutrition or medication.