

Date	Weight (kg)		Protein (g)	Workout
2025-04-13	51		25	Y
2025-04-14				N
2025-04-15	51.65		30	Y
2025-04-16				N
2025-04-17	51.5			Y
2025-04-18				N
2025-04-19	52.25			Y
2025-04-20				N
2025-04-21				N
2025-04-22	52			Y
2025-04-23				
2025-04-24				
2025-04-25				
2025-04-26				
2025-04-27				
2025-04-28				
2025-04-29				
2025-04-30				
2025-05-01				
2025-05-02				
2025-05-03				
2025-05-04				
2025-05-05				
2025-05-06				
2025-05-07				
2025-05-08				
2025-05-09				
2025-05-10				
2025-05-11				
2025-05-12				
2025-05-13				
2025-05-14				
2025-05-15				
2025-05-16				

Notes

TARGET 65 KG Gain 13.5 KG

- Chest Day
- Rest Day
- Back Day
- Rest Day
- Leg Day
- Rest Day
- Arms Day
- Rest Day
- Rest Day
- Chest Day



