



## The 50g Challenge Log

### HOW TO PARTICIPATE:

1. Eat 50g\* of protein for breakfast before 10am

\*Or 1/3 of your daily target if you weigh less than 110 lbs

2. Take a photo of your breakfast daily for accountability. Use the hashtag #50gramsbefore10 if you're sharing on social

3. Optional: log your resistance training and steps

**Need recipes and meal ideas?** Pick up your copy of [Persist With Protein](#) – a complete nutrition guide with recipes, food lists, and a meal planning tool that writes your shopping list for you!

**Need training?** Persist now includes 3 day full body resistance training. Find workouts for any schedule and equipment – [start your free trial today](#).

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Name:

Start Date:

Day	50g Protein	Food Photo	Resistance Training	Step Count
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				

Day	50g Protein	Food Photo	Resistance Training	Step Count
12				
13				
14				
15				
16				
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33				
34				
35				

Day	50g Protein	Food Photo	Resistance Training	Step Count
36				
37				
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48				
49				
50				

All done? Great job! Return to the [50g Protein page](#) to submit your log. If a prize drawing is open, you'll be entered to win after your submission.

Keep going with your new healthy habits. We're so proud of you!