

KETO MACRO TRACKER

Date:
Weight:
Ketones:

MEAL	FOOD / DESCRIPTION	NET CARBS	PROTEIN	FAT	CALORIES
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Breakfast

Lunch

Dinner

Snacks/Other

Daily Totals

NET CARB TARGET < 20g

PROTEIN TARGET -- g

FAT TARGET -- g

MACRO RATIO (F/P/C) 70/25/5

Notes: Focus on whole foods, electrolyte intake (Sodium, Potassium, Magnesium), and hydration. Record physical activity and energy levels below.