

KETO MACRO TRACKER

WEEK OF: _____
STARTING WEIGHT _____
ENDING WEIGHT _____
KETONE LEVEL (AVG) _____

DAY	CALORIES	FAT (G)	PROTEIN (G)	TOTAL CARBS	NET CARBS	WATER (OZ)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
TOTALS						

WEEKLY OBSERVATIONS & SYMPTOMS
Focus, energy levels, sleep quality, and hunger notes...
DAILY MACRO GOALS

Fat: 70%
Protein: 25%
Net Carbs: 5%