

DAILY KETO TRACKER

DATE: ____ / ____ / ____

MEAL ITEM	NET CARBS	PROTEIN	FAT	CALORIES

Breakfast:

Lunch:

Dinner:

Snacks:

Snacks:

Total Carbs
Goal: < 20-50g
Total Protein
Goal: 0.8g per lb
Total Fat
Goal: 70-75%
Water (oz)
Goal: 64oz +

NOTES (Exercise, Energy Levels, Ketosis Symptoms):