

DAILY KETO TRACKER

High Fat & Moderate Protein & Low Carb

Date: _____

MEAL / SNACK	FOOD ITEMS	FAT	PRO	NET C	CALS
Breakfast					
Lunch					
Dinner					
Snacks					
DAILY TOTALS					

HYDRATION (LITERS)

⌂ ⌂ ⌂ ⌂ ⌂ ⌂ ⌂ ⌂ ⌂ ⌂

KETOSIS LEVEL

⌂ Trace ⌂ Mod ⌂ Deep

EXERCISE (MIN)

NOTES & ENERGY LEVELS