

KETO MACRO TRACKER

Date: _____ Weight: _____

DAILY CALORIE GOAL _____ **kcal**

NET CARB LIMIT _____ **g**

PROTEIN GOAL _____ **g**

FAT TARGET _____ **g**

MEAL	FOOD DESCRIPTION / INGREDIENTS	FAT (G)	PROTEIN (G)	NET CARBS	CALORIES
Breakfast					
Lunch					
Dinner					
Snacks/Other					

DAILY TOTALS
REMAINING

DAILY NOTES (KETOSIS SYMPTOMS, ENERGY LEVELS, EXERCISE)

Water Intake: □ □ □ □ □ □ □ □ (8oz) Sleep: _____ hours Fasting Window: _____ hours