

KETO MACRO TRACKER

WEEK OF: _____ GOAL: 75% FAT / 20% PRO / 5% CHO

CURRENT WEIGHT

DAY	NET CARBS	PROTEIN	FATS	CALORIES	KETOSIS NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

- AVG. NET CARBS -
- WATER INTAKE -
- FAST DURATION -
- WEEKLY RESULT -

Daily Checklist: ☐ Electrolytes Supplemented ☐ < 20g Net Carbs ☐ Moderate Protein ☐ High Healthy Fats