

KETO MACRO TRACKER

Date: Weight:

MEAL	FOOD ITEMS & DESCRIPTION	FAT (G)	NET CARBS	PROTEIN (G)	CALORIES
Breakfast					
Lunch					
Dinner					
Snacks					
DAILY TOTALS					
DAILY GOALS					

Hydration (8oz Glasses)
Exercise & Activity
Ketone Levels / Notes
Supplements & Electrolytes