

KETO JOURNEY TRACKING

STARTING WEIGHT

GOAL WEIGHT

TARGET NET CARBS

KETOSIS LEVEL

DATE	WEIGHT	NET CARBS (G)	PROTEIN (G)	FAT (G)	CALORIES	BHB/STRIP
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DATE	WEIGHT	NET CARBS (G)	PROTEIN (G)	FAT (G)	CALORIES	BHB/STRIP
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WEEKLY OBSERVATIONS & ENERGY LEVELS

Focus: High Fat | Moderate Protein | Low Carb Week Starting: ____ / ____ / ____