

KETO GOALS TRACKER

Week of: _____

FATS
70%
PROTEIN
25%
NET CARBS
5%

Daily Metric	Target	M	T	W	T	F	S	S
Net Carbs (g)	< 20g							
Water Intake	2.5L							
Electrolytes	Daily							
Fast Window	16:8							

Notes & Observations:

*Consult with a healthcare professional before starting any restrictive diet.