

KETOSIS PROGRESS TRACKER

MONTHLY LOG
MONTH/YEAR
STARTING WEIGHT
TARGET KETONE LEVEL

DAY	WEIGHT	KETONES (MMOL/L)	NET CARBS	FAST (HRS)	ENERGY/MOOD NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					

DAY	WEIGHT	KETONES (MMOL/L)	NET CARBS	FAST (HRS)	ENERGY/MOOD NOTES
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10					
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11					
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12					
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13					
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14					
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15					
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WEEKLY SUMMARY & OBSERVATIONS