

KETO MACRO TRACKER

Weekly Nutritional Performance Log

Week Of:

Weight:

DAY	NET CARBS	PROTEIN	FAT	CALORIES	KEY FOODS & NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

DAILY CARB GOAL < 25g
PROTEIN TARGET __ g
FAT TARGET __ g
KETONE LEVEL __ mmol/L

WEEKLY REFLECTION / IMPROVEMENTS