

DAILY KETO TRACKER

Date:

TARGET FAT (70%) _____ g

TARGET PROTEIN (25%) _____ g

NET CARBS (5%) < **20 g**

WATER INTAKE ○ ○ ○ ○ ○ ○

FOOD & BEVERAGE ITEM	FAT (G)	PROT (G)	NET CARB	CALS
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FOOD & BEVERAGE ITEM	FAT (G)	PROT (G)	NET CARB	CALS
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Daily Totals				
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PHYSICAL ACTIVITY & KETOSIS NOTES