

WEEKLY KETO MACRO TRACKER

Week Of: _____ Weight: _____ lbs/kg Ketosis Level: _____

DAY	NET CARBS (G)	PROTEIN (G)	FAT (G)	CALORIES	WATER (OZ/L)
Daily Targets					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEKLY WINS & ENERGY LEVELS

NOTES / ADJUSTMENTS FOR NEXT WEEK