

Date: _____ Weekly Weigh-in: _____ My 3 Power Words of Affirmation: _____

Points: 14g fat =1 pt 10g protein=1 pt 20g carbs=1pt

Day #1

- **Fats**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |

- **Protein**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| ⊕ | ⊕ | | | | |

- **Carbs**

| | | |
|---|---|---|
| ⊕ | ⊕ | ⊕ |
|---|---|---|

- **Coffee/tea/shake
Or Bone broth**

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-11 Keto Protein-8 Keto Carb-3

Day #2

- **Fats**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |

- **Protein**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| ⊕ | ⊕ | | | | |

- **Carbs**

| | | |
|---|---|---|
| ⊕ | ⊕ | ⊕ |
|---|---|---|

- **Coffee/tea/shake
Or Bone broth**

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-11 Keto Protein-8 Keto Carb-3

Date: _____ Weekly Weigh-in: _____ My 3 Power Words of Affirmation: _____

Points: 14g fat =1 pt 10g protein=1 pt 20g carbs=1pt

Day #3

- **Fats**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |

- **Protein**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| ⊕ | ⊕ | | | | |

- **Carbs**

| | | |
|---|---|---|
| ⊕ | ⊕ | ⊕ |
|---|---|---|

- **Coffee/tea/shake
Or Bone broth**

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-11 Keto Protein-8 Keto Carb-3

Day #4

- **Fats**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |

- **Protein**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| ⊕ | ⊕ | | | | |

- **Carbs**

| | | |
|---|---|---|
| ⊕ | ⊕ | ⊕ |
|---|---|---|

- **Coffee/tea/shake
Or Bone broth**

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-11 Keto Protein-8 Keto Carb-3

Date: _____ Weekly Weigh-in: _____ My 3 Power Words of Affirmation: _____

Points: 14g fat =1 pt 10g protein=1 pt 20g carbs=1pt

Day #5

- **Fats**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |

- **Protein**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| ⊕ | ⊕ | | | | |

- **Carbs**

| | | |
|---|---|---|
| ⊕ | ⊕ | ⊕ |
|---|---|---|

- **Coffee/tea/shake
Or Bone broth**

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-11 Keto Protein-8 Keto Carb-3

Day #6

- **Fats**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |

- **Protein**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| ⊕ | ⊕ | | | | |

- **Carbs**

| | | |
|---|---|---|
| ⊕ | ⊕ | ⊕ |
|---|---|---|

- **Coffee/tea/shake
Or Bone broth**

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-11 Keto Protein-8 Keto Carb-3

Date: _____ Weekly Weigh-in: _____ My 3 Power Words of Affirmation: _____

Points: 14g fat =1 pt 10g protein=1 pt 20g carbs=1pt

Day #7

○ **Fats**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |

○ **Protein**

| | | | | | |
|---|---|---|---|---|---|
| ⊕ | ⊕ | ⊕ | ⊕ | ⊕ | ⊕ |
| ⊕ | ⊕ | | | | |

○ **Carbs**

| | | |
|---|---|---|
| ⊕ | ⊕ | ⊕ |
|---|---|---|

○ **Coffee/tea/shake
Or Bone broth**

WATER

○ **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-11 Keto Protein-8 Keto Carb-3