

Date: _____ Weekly Weigh in: _____ My 3 Power Words or Affirmation: _____

Day #1
MORNING

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

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

LUNCH

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

DINNER

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

SNACKS

- **Fats**

⊕	⊕
---	---

- **Protein**

⊕	⊕
---	---

- **Carbs**

⊕	⊕
---	---

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-10 Keto Protein-9 Keto Carb-4

Date: _____ Weekly Weigh in: _____ My 3 Power Words or Affirmation: _____

Day #2
MORNING

- Fats

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- Protein

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---

- Carbs

⊕	⊕	⊕	⊕
---	---	---	---

- Coffee/tea/shake
Or Bone broth

LUNCH

- Fats

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- Protein

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---

- Carbs

⊕	⊕	⊕	⊕
---	---	---	---

DINNER

- Fats

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- Protein

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---

- Carbs

⊕	⊕	⊕	⊕
---	---	---	---

SNACKS

- Fats

⊕	⊕
---	---

- Protein

⊕	⊕
---	---

- Carbs

⊕	⊕
---	---

WATER

- Total ounces _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-10 Keto Protein-9 Keto Carb-4

Date: _____ Weekly Weigh in: _____ My 3 Power Words or Affirmation: _____

Day #3
MORNING

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

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

LUNCH

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

DINNER

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

SNACKS

- **Fats**

⊕	⊕
---	---

- **Protein**

⊕	⊕
---	---

- **Carbs**

⊕	⊕
---	---

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-10 Keto Protein-9 Keto Carb-4

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Day #4
MORNING

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

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

LUNCH

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

DINNER

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

SNACKS

- **Fats**

⊕	⊕
---	---

- **Protein**

⊕	⊕
---	---

- **Carbs**

⊕	⊕
---	---

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-10 Keto Protein-9 Keto Carb-4

Date: _____ Weekly Weigh in: _____ My 3 Power Words or Affirmation: _____

Day #5
MORNING

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

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

LUNCH

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

DINNER

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

SNACKS

- **Fats**

⊕	⊕
---	---

- **Protein**

⊕	⊕
---	---

- **Carbs**

⊕	⊕
---	---

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-10 Keto Protein-9 Keto Carb-4

Date: _____ Weekly Weigh in: _____ My 3 Power Words or Affirmation: _____

Day #6
MORNING

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

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

LUNCH

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

DINNER

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

SNACKS

- **Fats**

⊕	⊕
---	---

- **Protein**

⊕	⊕
---	---

- **Carbs**

⊕	⊕
---	---

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-10 Keto Protein-9 Keto Carb-4

Date: _____ Weekly Weigh in: _____ My 3 Power Words or Affirmation: _____

Day #7
MORNING

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

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

LUNCH

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

DINNER

- **Fats**

⊕	⊕	⊕	⊕	⊕
⊕	⊕	⊕	⊕	⊕

- **Protein**

⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕	⊕
---	---	---	---	---	---	---	---	---

- **Carbs**

⊕	⊕	⊕	⊕
---	---	---	---

SNACKS

- **Fats**

⊕	⊕
---	---

- **Protein**

⊕	⊕
---	---

- **Carbs**

⊕	⊕
---	---

WATER

- **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-10 Keto Protein-9 Keto Carb-4