

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

Week #4 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-13 Keto Protein-7 Keto Carb-2

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-13 Keto Protein-7 Keto Carb-2

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

Week #4 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-13 Keto Protein-7 Keto Carb-2

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-13 Keto Protein-7 Keto Carb-2

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

Week #4 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-13 Keto Protein-7 Keto Carb-2

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-13 Keto Protein-7 Keto Carb-2

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

Week #4 Points: 14g fat =1 pt 10g protein=1 pt 20g carbs=1pt

Day #7

○ **Fats**

⊕	⊕	⊕	⊕	⊕	⊕	
⊕	⊕	⊕	⊕	⊕	⊕	⊕

○ **Protein**

⊕	⊕	⊕	⊕
⊕	⊕	⊕	

○ **Carbs**

⊕	⊕
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○ **Coffee/tea/shake
Or Bone broth**

WATER

○ **Total ounces** _____

Sleep: _____

Exercise: _____

Cravings: _____

BM's/Digestion: _____

Energy: _____

Mood/Hormones: _____

Notes/Motivation/Aha moment:

Keto Fats-13 Keto Protein-7 Keto Carb-2