

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-12 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-12 Keto Protein-7 Keto Carb-2*

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-12 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:**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Keto Fats-12 Keto Protein-7 Keto Carb-2*

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-12 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-11 Keto Protein-7 Keto Carb-2*

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**

⊕	⊕
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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:**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Keto Fats-12 Keto Protein-7 Keto Carb-2**