

QUICK START GUIDE TO KETO

GETTING STARTED

Taking stock of where you are personally starting and keeping track along the way can help keep you motivated and provide validation for when you look back and see how far you've come. Let's do this!

STARTING MEASUREMENTS

Starting Date:

Hip measurement:

Weight:

Thigh measurement:

Waist measurement:

Add'l notes:

	WEIGHT	WAIST	HIP	THIGH
RESET WEEK 1				
RESET WEEK 2				
RESET WEEK 3				
RESET WEEK 4				
KETO WEEK 1				
KETO WEEK 2				
KETO WEEK 3				
KETO WEEK 4				
KETO WEEK 5				
KETO WEEK 6				
KETO WEEK 7				
KETO WEEK 8				