



MY GOAL

KETO LIFESTYLE

Proven to kill cancer cells and boost focus, use our resources to learn and follow.

NOTES:

RESOURCES: Keto is a very complicated, high risk/high reward program. Visit with your doctor first. It must be followed with great care and potentially cycled off over time. Utilize these resources: Podcast, website, food list, and recipes.

SUGGESTED GOAL PAIRINGS: Food Log - Meal Plan - Drink Water

PROGRESS: For every day you follow the Keto program, color in the box.

FOODS TO AVOID:

- Sugar
- Sweeteners
- Grains
- Bread
- Pasta
- Refined Fats
- Tropical Fruit
- Soda
- Milk
- Processed Foods
- Alcohol

A calendar grid for tracking progress. The top header is a blue bar with two black punch holes and the text "KETO LIFESTYLE" in white. Below the header is a grid of 30 empty white boxes, arranged in 6 rows and 5 columns, for marking progress. The bottom row contains only 3 boxes, leaving the last two columns empty.