

30 Day Keto/Low Carb *Challenge*

Day 1

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 2

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 3

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 4

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 5

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 6

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 7

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 8

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 9

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 10

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 11

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 12

_____ net carbs
_____ water
_____ exercise
_____ supplements

30 Day Keto/Low Carb *Challenge*

Day 13

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 14

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 15

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 16

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 17

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 18

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 19

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 20

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 21

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 22

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 23

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 24

_____ net carbs
_____ water
_____ exercise
_____ supplements

30 Day Keto/Low Carb *Challenge*

Day 25

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 26

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 27

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 28

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 29

_____ net carbs
_____ water
_____ exercise
_____ supplements

Day 30

_____ net carbs
_____ water
_____ exercise
_____ supplements

Weight

Bust
Measurement

Hip
Measurement

Waist
Measurement

_____ Starting

_____ Starting

_____ Starting

_____ Starting

_____ Final

_____ Final

_____ Final

_____ Final

Kasey Trenum