

30 DAYS OF KETO

YOU'VE MADE THE LEAP — NOW REAP THE BENEFITS OF A KETO LIFESTYLE! > We know losing weight can be a daunting task; that's why we created this convenient chart to help make the process a little bit easier. Simply use it to track your daily and 10-day incremental weight loss progress, and then, at the end of 30 days, add up your total pounds and inches lost for your grand total. Repeat as necessary. > **WHAT ARE YOU WAITING FOR? READY. SET. KETO!**

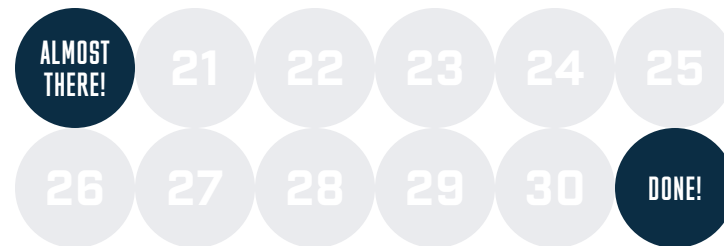
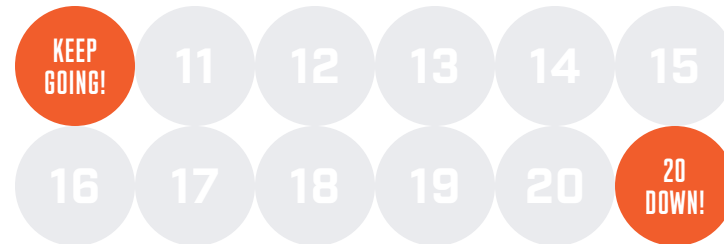
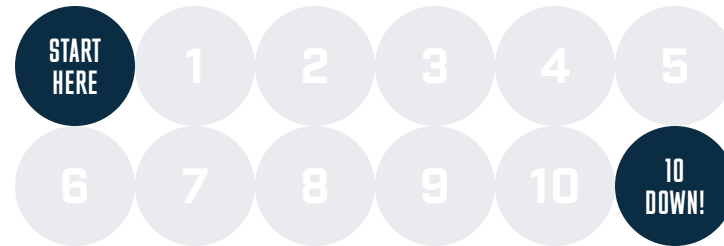
STARTING WEIGHT	<u> </u> LBS.
DAY 30 WEIGHT	<u> </u> LBS.
POUNDS LOST	INCHES LOST
30-DAY TOTALS	



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DAILY PROGRESS

(Record pounds lost per day, then pounds and inches lost every 10 days.)



SUMMARY

Total 10-Day Losses

10-DAY PROGRESS

<u> </u> LBS.	<u> </u> IN.
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20-DAY PROGRESS

<u> </u> LBS.	<u> </u> IN.
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30-DAY PROGRESS

<u> </u> LBS.	<u> </u> IN.
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WHAT'S NEXT?
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REPEAT
FOR ANOTHER
30 DAYS

Win by Losing

SHARE
YOUR RESULTS
WITH US

@keynutrients

TRY
OUR 90 DAYS
OF KETO

3x the Fun