90 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 weekly weight loss progress, and then, at the end of 13 weeks, add up your total pounds and inches lost for your 90-day grand total. Repeat as necessary. › **WHAT ARE YOU WAITING FOR? READY. SET. KETO!**

STARTING WEIGHT	LBS.
DAY 90 WEIGHT	LBS.
POUNDS LOST	INCHES LOST
90-DAY TOTALS	

KEY NUTRIENTS

PURVEYORS OF HEALTH AND HAPPINESS

www.keynutrients.com

DAILY PROGRESS

(Record pounds lost per day, then pounds and inches lost per week.)

SUMMARY

Total Weekly Losses

WEEK 1	1	2	3	4	5	6	7	LBS.	IN.
WEEK 2	8	9	10	11	12	13	14	LBS.	IN.
WEEK 3	15	16	17	18	19	20	21	LBS.	IN.
WEEK 4	22	23	24	25	26	27	28	LBS.	IN.
WEEK 5	29	30	31	32	33	34	35	LBS.	IN.
WEEK 6	36	37	38	39	40	41	42	LBS.	IN.
WEEK 7	43	44	45	46	47	48	49	LBS.	IN.
WEEK 8	50	51	52	53	54	55	56	LBS.	IN.
WEEK 9	57	58	59	60	61	62	63	LBS.	IN.
WEEK 10	64	65	66	67	68	69	70	LBS.	IN.
WEEK 11	71	72	73	74	75	76	77	LBS.	IN.
WEEK 12	78	79	80	81	82	83	84	LBS.	IN.
WEEK 13	85	86	87	88	89	90	DONE!	LBS.	IN.