

10 DAY

DRINK KETONES

Challenge

NAME:

DATE:

- DRINK 2 KETONES A DAY FOR 10 DAYS.
- AIM FOR 1 - 2 MEALS A DAY, IF YOU ARE NOT HUNGRY GO FOR 1 (OMAD)
- TRY NOT TO SNACK IN BETWEEN MEALS
- EAT LOW CARB (BETWEEN 20 - 50 NET CARBS A DAY)
- AFTER 10 DAYS: DRINK KETONES DAILY & REBOOT MONTHLY.

DAY

morning

KETO//NAT CHARGED

MITO//PLEX

INTERMITTENT FAST HRS:

LOW CARB MEAL #1 - TIME:

KETO//NAT DECAF

LOW CARB MEAL #2 - TIME:

DID YOU CRUSH THE DAY?

COMPLETED THE DAILY CHALLENGE

WORKOUT :

NAT FLAVORS I HAD TODAY:

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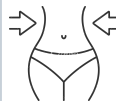
ACCOUNTABLE IN CHALLENGE GROUP

mid-afternoon

personal goals

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CURRENT PROGRESS:



evening

notes

THE KREW - TRANSFORM IN 10 DAYS