

2026 **January**

Resolutions **None**

Age **59 years**

Height **5'9"**

Weight **155 pounds +/-**

Diet **Keto** with hiccups -- Holiday parties in December 2025

Blood Pressure **110/62**

Pulse **67 BPM**

VO2 Max **30**

Bench Press **125 pounds**, 1 Rep Max

Grip Strength **180 pounds** (R 91, L 89)

Medications **None**

Supplements **None**

Activity Level **Less than I'd like.** Add steps?

Goal **Keto** is kinda boring, need to discover/create yummy keto desserts

Blood panel **Inside Tracker, August 2025**

ApoB	111 mg/dL
Normal	
Cardiovascular risk predictor	
111 mg/dL	

Glucose	86 mg/dL
Optimized	
Blood sugar	
86 mg/dL	

HbA1c	5.70%
Normal	
Average blood sugar	

5.70%	
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Triglycerides	159 mg/dL
Borderline High	
Fats for energy storage	
159 mg/dL	

ALT	13 U/L
Optimized	
Liver enzyme	
13 U/L	

HDL Cholesterol	44 mg/dL
Low	
Cholesterol scavenger	
44 mg/dL	

LDL Cholesterol	136 mg/dL
Borderline High	
Cholesterol transporter	
136 mg/dL	

TSH	1.62 μ U/L
Optimized	
Metabolic hormone	
1.62 μ U/L	

Total Cholesterol	209 mg/dL
Borderline High	
Cardiovascular indicator	
209 mg/dL	

	6.6 μ U/mL
Optimized	
Blood sugar regulator	
6.6 μ U/mL	

True story: In August of 2025 went to test my RMR (Resting Metabolic Rate). I thought I would be golden. I wasn't. I found myself in, "Metabolic rigidity." For decades I'd been relying on carbohydrates as a source of fuel. Hoped to shift that by observing a keto diet.

No sweat. I went keto. I eliminated all obvious carbs but didn't add enough fat.

Four months later, I headed back to test my RMR. It had not changed. The practitioner and I chatted. He asked, "Are there secret carbs?"

It's been a little over a month and for the most part I've observed a keto diet. I didn't like the effect on my skin after I eliminated all vegetables, so I've added broccoli, green beans, black and green olives, consumed in moderation. I've added a ton of fat. In the past four weeks I've eaten more avocados than the previous 58 years, combined. I drizzle olive oil on scrambled eggs, chicken breast, and turkey sausage. Each week I consume about two pints of whipping cream, added to cups of black tea.

My practitioner said, "You're going against a system."

And he's right. I've realized that one's diet isn't comprised only of what one eats. Diet is a complex system motivated by thoughts, emotions, needs, actions.