

**WEEK 1**

M T W T H F S S

Mindset - read, listen to podcast, feed your mind

Water

Ketones

Intermittent Fasting (OPTIONAL)

Low Carb - High Protein Meals

Move your body

Celebrate the small wins today

Accountability- share with someone - KetoMom, share on social as your acct or with someone close to you!

**WEEK 2**

M T W T H F S S

Mindset - read, listen to podcast, feed your mind

Water

Ketones

Intermittent Fasting (OPTIONAL)

Low Carb - High Protein Meals

Move your body

Celebrate the small wins today

Accountability- share with someone - KetoMom, share on social as your acct or with someone close to you!

**WEEK 3**

M T W T H F S S

Mindset - read, listen to podcast, feed your mind

Water

Ketones

Intermittent Fasting (OPTIONAL)

Low Carb - High Protein Meals

Move your body

Celebrate the small wins today

Accountability- share with someone - KetoMom, share on social as your acct or with someone close to you!

**WEEK 4**

M T W T H F S S

Mindset - read, listen to podcast, feed your mind

Water

Ketones

Intermittent Fasting (OPTIONAL)

Low Carb - High Protein Meals

Move your body

Celebrate the small wins today

Accountability- share with someone - KetoMom, share on social as your acct or with someone close to you!

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