

## Master Tracking Sheet

**10 Week Keto Challenge - Week # \_\_\_\_\_**

Name: \_\_\_\_\_ Dates: \_\_\_\_\_ to \_\_\_\_\_

Net Carbs: \_\_\_\_\_ Fat: \_\_\_\_\_ Protein: \_\_\_\_\_ Calories: \_\_\_\_\_

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Avg./Total
<b>Weight</b>								
<b>Chest</b>								
<b>Waist</b>								
<b>Hips</b>								
<b>Net Carbs</b>								
<b>Fat</b>								
<b>Protein</b>								
<b>Calories</b>								
<b>Water (cups)</b>								
<b># Steps</b>								
<b>Exercise</b>								

Starting Weight: \_\_\_\_\_

End Weight: \_\_\_\_\_

Weekly Loss: \_\_\_\_\_

Total Challenge Loss: \_\_\_\_\_

Inches Lost: \_\_\_\_\_

Total Inches Lost: \_\_\_\_\_