

Ketogenic Lifestyle



Yummy•Healthy•Keto

PLANNER

PLANNERS | TRACKERS | LOGS | WORKSHEETS

Fitness Planner

GOALS

☐☐☐

MONDAY

WORKOUT PLANS

ACTUAL WORKOUT

TUESDAY

WORKOUT PLANS

ACTUAL WORKOUT

WEDNESDAY

WORKOUT PLANS

ACTUAL WORKOUT

THURSDAY

WORKOUT PLANS

ACTUAL WORKOUT

FRIDAY

WORKOUT PLANS

ACTUAL WORKOUT

SATURDAY / SUNDAY

WORKOUT PLANS

ACTUAL WORKOUT

Workout Planner

Month

SU

MO

TU

WE

TH

FR

SA

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NOTES

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Food Tracker

	SU	MO	TU	WE	TH	FR	SA
BREAKFAST	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs
LUNCH	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs
DINNER	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs
SNACK	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs	Carbs
WATER	Total	Total	Total	Total	Total	Total	Total

NOTES

Meal Planner

MONDAY

BREAKFAST

LUNCH

DINNER

TUESDAY

BREAKFAST

LUNCH

DINNER

WEDNESDAY

BREAKFAST

LUNCH

DINNER

THURSDAY

BREAKFAST

LUNCH

DINNER

FRIDAY

BREAKFAST

LUNCH

DINNER

SATURDAY

BREAKFAST

LUNCH

DINNER

SUNDAY

BREAKFAST

LUNCH

DINNER

Fitness Planner

MONDAY		
FOOD	ACTIVITY	WATER
		
		
		
		
		
		
		
		
		
		
		
		

Before & After

GOALS

☐
☐
☐

DATES

___/___/___/

___/___/___/

STATS

WEIGHT

BMI

BODY FAT

MUSCLE

WEIGHT

BMI

BODY FAT

MUSCLE

MEASUREMENTS

CHEST

WAIST

HIPS

THIGHS

ARMS

CHEST

WAIST

HIPS

THIGHS

ARMS

MOTIVATION

ACTION PLAN

☐
☐
☐

Bulletproof Coffee



INGREDIENTS

- ☐ 1 cup freshly brewed coffee
- ☐ 2 Tbls unsalted butter
- ☐ 1 Tbl MCT oil or coconut oil
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TIME

5 minutes

Prep.time

Cook time

NOTES

Blend all ingredients together in a blender. Blend until smooth and frothy.

Exercise log

[illegible]

Healthy Habit Tracker

GOAL
REWARD

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

NOTES	
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GOAL
REWARD

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

NOTES	
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GOAL
REWARD

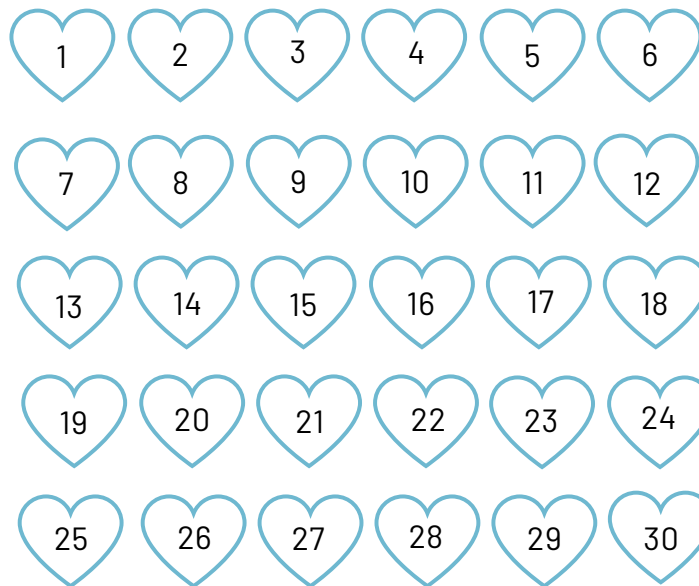
1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

NOTES	
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30 day Challenge

GOAL

REWARD



NOTES