

# 30 day challenge..

DATE:

## HOW I AM FEELING TODAY

  
  

## POSITIVE AFFIRMATIONS

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## BREAKFAST

## LUNCH

## DINNER

## SNACKS

## CHALLENGE DAILY GOALS

☐ *did my workout*  
☐ *drank my nat ketones*  
☐ *ate low carb*  
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## WATER

  
  
  
  
  
  
  
  
  

## WORKOUT

TODAYS NET CARB GOAL:

ACTUAL NET CARBS:

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ACTUAL NET CARBS:

took before photos

start measurements

	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DATE					
WEIGHT					
RIGHT ARM					
WAIST					
HIPS					
RIGHT THIGH					
RIGHT CALF					
CHEST					

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	FINAL
WEIGHT					
RIGHT ARM					
WAIST					
HIPS					
RIGHT THIGH					
RIGHT CALF					
CHEST					

[illegible]