

30-Day Keto Tracker

How to use it: Print it, stick it on the fridge, and fill in one column each night. Checkmarks for the habits, 0–10 scores for how you feel. Shaded days (7, 14, 21, 30) are check-in days: look back at your notes and see what changed.

DAYS 1–15

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Net carbs under 20g?															
Protein hit your target?															
Fat to satiety															
Water 8+ glasses															
Electrolytes sodium / mag / potassium															
Symptoms 0–10 scale															
Energy 0–10 scale															
Mood 0–10 scale															
Notes															

DAYS 16–30

DAY	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Net carbs under 20g?															
Protein hit your target?															
Fat to satiety															
Water 8+ glasses															
Electrolytes sodium / mag / potassium															
Symptoms 0–10 scale															
Energy 0–10 scale															
Mood 0–10 scale															
Notes															

SMALL DIALS, BIG RESULTS. ONE HONEST COLUMN A DAY.