

# Fall into KETO

## #100 days of KETO Planner

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

Weigh-Ins: \_\_\_\_\_

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	32	33	34	35	36	37	38	39	40	_____
41	42	43	44	45	46	47	48	49	50	_____
51	52	53	54	55	56	57	58	59	60	_____
61	62	63	64	65	66	67	68	69	70	_____
71	72	73	74	75	76	77	78	79	80	_____
81	82	83	84	85	86	87	88	89	90	_____
91	92	93	94	95	96	97	98	99	100	_____

Start Weight: \_\_\_\_\_

Goal Weight: \_\_\_\_\_

Final Weight: \_\_\_\_\_