

KETONE TRACKING LOG

Print out and enter your daily ketone meter reading into the log below so you can track your progress. After completing a week of readings, enter your progress into the Ketone Log found in your Additional Resources section. Remember, the most optimal range for ketosis is between 1.5 and 3 mMol.

Week 1	
Date	Reading

Remember to enter your log into the Additional Resources section!

Week 3	
Date	Reading

Remember to enter your log into the Additional Resources section!

Week 5	
Date	Reading

Remember to enter your log into the Additional Resources section!

Week 2	
Date	Reading

Remember to enter your log into the Additional Resources section!

Week 4	
Date	Reading

Remember to enter your log into the Additional Resources section!

Week 6	
Date	Reading

Remember to enter your log into the Additional Resources section!

When this log sheet fills up, print out another sheet and continue tracking your ketones!