

100 DAYS OF KETO

By downloading this, you now have taken **#100DaysOfKetoChallenge**
Here's way to keep track of your cheat-free days.
If you have questions, feel free to text us on any social platform.
BEST OF LUCK

DAY 1 WEIGHT: **DAY 100 WEIGHT:**

ROUND ONE	1	2	3	4	5	6	7	8	9	10	LBS LOST:	INCHES LOST:
- OFF - PLAN BREAK -												
ROUND TWO	11	12	13	14	15	16	17	18	19	20	LBS LOST:	INCHES LOST:
- OFF - PLAN BREAK -												
ROUND THREE	21	22	23	24	25	26	27	28	29	30	LBS LOST:	INCHES LOST:
- OFF - PLAN BREAK -												
ROUND FOUR	31	32	33	34	35	36	37	38	39	40	LBS LOST:	INCHES LOST:
- OFF - PLAN BREAK -												
ROUND FIVE	41	42	43	44	45	46	47	48	49	50	LBS LOST:	INCHES LOST:
- OFF - PLAN BREAK -												
ROUND SIX	51	52	53	54	55	56	57	58	59	60	LBS LOST:	INCHES LOST:
- OFF - PLAN BREAK -												
ROUND SEVEN	61	62	63	64	65	66	67	68	69	70	LBS LOST:	INCHES LOST:
- OFF - PLAN BREAK -												
ROUND EIGHT	71	72	73	74	75	76	77	78	79	80	LBS LOST:	INCHES LOST:
- OFF - PLAN BREAK -												
ROUND NINE	81	82	83	84	85	86	87	88	89	90	LBS LOST:	INCHES LOST:
- OFF - PLAN BREAK -												
ROUND TEN	91	92	93	94	95	96	97	98	99	100	LBS LOST:	INCHES LOST:

TOTAL WEIGHT LOST: **TOTAL INCHES LOST:**



CONGRATULATIONS, YOU MADE IT!
LET'S DO ANOTHER ROUND OF 100 DAYS, SHALL WE?

Know more at www.ketofy.in