

# 100 DAYS OF KETO



By downloading this, you now have taken **#100DaysOfKeto Challenge**

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:**

1	2	3	4	5	6	7	8	9	10	LBS LOST:
										INCHES LOST:
11	12	13	14	15	16	17	18	19	20	LBS LOST:
										INCHES LOST:
21	22	23	24	25	26	27	28	29	30	LBS LOST:
										INCHES LOST:
31	32	33	34	35	36	37	38	39	40	LBS LOST:
										INCHES LOST:
41	42	43	44	45	46	47	48	49	50	LBS LOST:
										INCHES LOST:
51	52	53	54	55	56	57	58	59	60	LBS LOST:
										INCHES LOST:
61	62	63	64	65	66	67	68	69	70	LBS LOST:
										INCHES LOST:
71	72	73	74	75	76	77	78	79	80	LBS LOST:
										INCHES LOST:
81	82	83	84	85	86	87	88	89	90	LBS LOST:
										INCHES LOST:
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](http://www.ketofy.in)