the Ketogenic Reset WEEKLY LOG

DATE: **NAME:** **PHASE:** **ZONE**

	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
MORNING SUPPS								
SUPPS & FIRST MEAL								
SUPPS AFTER FIRST MEAL								
SECOND MEAL								
SUPPS & THIRD MEAL								
SUPPS AFTER THIRD MEAL								
SUPPS BEFORE BED								
WATER POTASS FIBER HERBS SPICES								