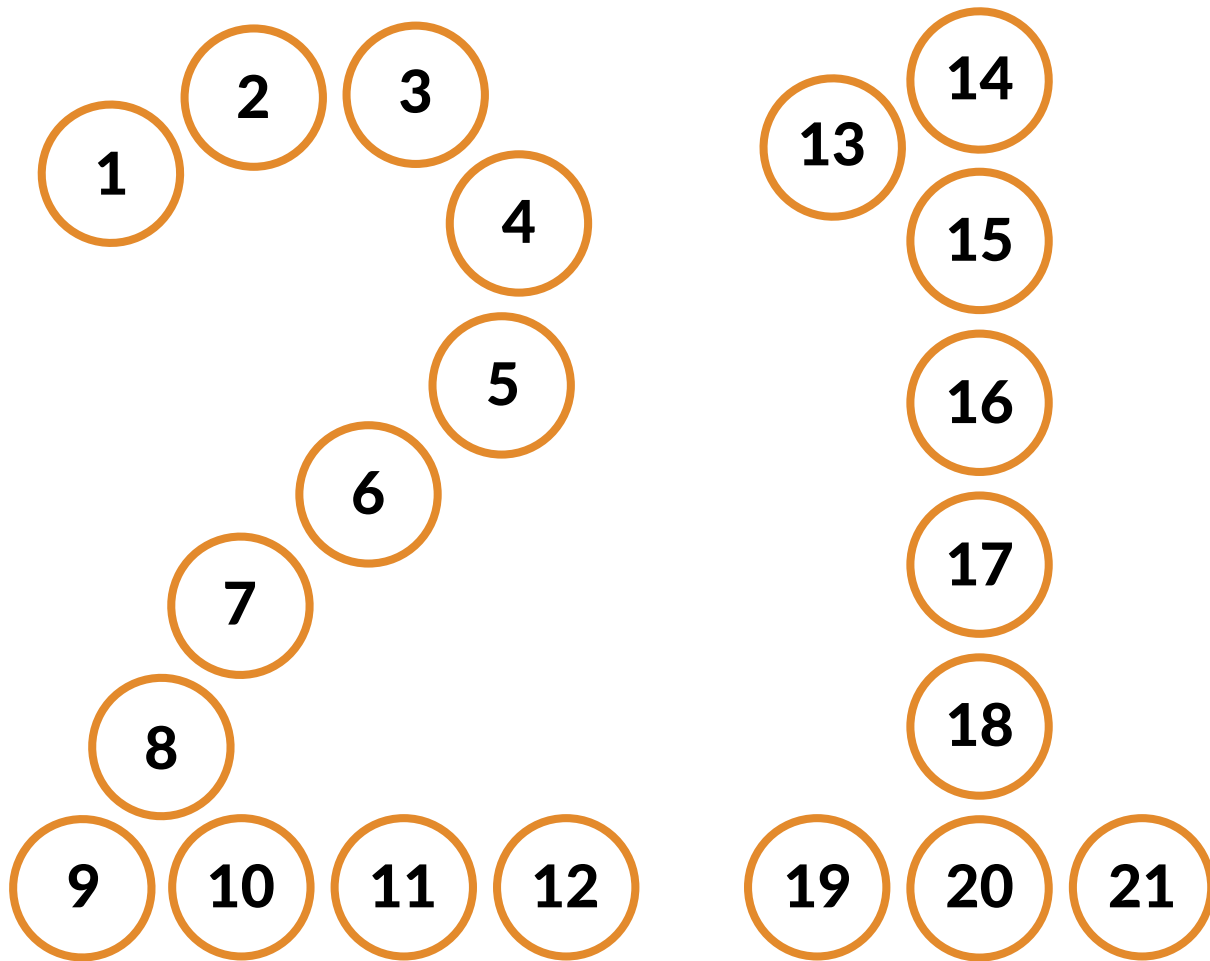




21 DAYS OF STRICT KETO AND/OR KETO CHOW

Welcome to the 21 day Strict Keto/Keto Chow Challenge! Here is a way to keep track of every day you stay strong and don't fall off. Don't forget we also have our grocery list and ingredients to avoid to help you along the way. We will be doing a daily check in and here 24/7 for help and support. You got this! GOOD LUCK!



STARTING WEIGHT:

DAY 21 WEIGHT:

TOTAL WEIGHT LOST:

TOTAL INCHES LOST: