



The *Keto* Wellness Program

21 DAY DIGESTION CHALLENGE FOR: _____

DATE	PRE-MEAL	SITTING	NO ELECTRONICS	USING UTENSILS	FERMENTED FOOD	NO ALCOHOL	HYDRATION	TOTAL POINTS EARNED
T 5/14								
W 5/15								
Th 5/16								
F 5/17								
Sa 5/18								
Su 5/19								
M 5/20								
T 5/21								
W 5/22								
Th 5/23								
F 5/24								
Sa 5/25								
Su 5/26								
M 5/27								
T 5/28								
W 5/29								
Th 5/30								
F 5/31								
Sa 6/1								
Su 6/2								
M 6/3								

TOTAL POINTS EARNED

Total	