



The *Keto* Wellness Program

INTRODUCTION TO KETOSIS, MODULE 1

CHECKLIST DUE MARCH 19, 2019

	Task
<input type="checkbox"/>	Mark the next workshop date on your calendar (March 19, 2019)
<input type="checkbox"/>	Adjust your macros in your food tracker to meet the ketogenic requirements
<input type="checkbox"/>	Listen to the Keto Answers Podcast, Episode 022
<input type="checkbox"/>	Read the blog: What are NET Carbs?
<input type="checkbox"/>	Make a batch of "fat bombs" to have on hand for a quick and easy snack
<input type="checkbox"/>	PRE-track 1-2 days of keto meals in your food tracker
<input type="checkbox"/>	Start following the keto macro recommendations no later than March 12
<input type="checkbox"/>	Optional- Track your blood ketone readings for 7+ days around 4pm
<input type="checkbox"/>	Complete the Homework Worksheet and bring it with you to the next class