



The *Keto* Wellness Program

HORMONES, INTRODUCTION CHECKLIST

	Task
<input type="checkbox"/>	Mark the next workshop on your calendar (August 27, 2019)
<input type="checkbox"/>	Complete and record 7-14 days of your fasting blood glucose levels
<input type="checkbox"/>	Complete a transit time test
<input type="checkbox"/>	Complete the HCl Challenge
<input type="checkbox"/>	Review the Clean 15/Dirty Dozen list. Save it on your smart phone so you can review it at the grocery store.
<input type="checkbox"/>	Review your household cleaning products, hygiene products and home fragrances for toxins. Replace what you can.
<input type="checkbox"/>	Eat 3 different types of fermented foods daily (or take them in supplemental form)
<input type="checkbox"/>	Schedule one of your private consultations (if needed)
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	