



The *Keto* Wellness Program

HORMONES, SEX CHECKLIST

	Task
<input type="checkbox"/>	Mark the next workshop on your calendar (September 24, 2019)
<input type="checkbox"/>	Listen to the Ted talk on the resources page (:17 minutes long)
<input type="checkbox"/>	Pick a personal data item (or more than 1) and start tracking
<input type="checkbox"/>	If you are menstruating women, start seed cycling