



The *Keto* Wellness Program

HYDRATION CHECKLIST

	Task
<input type="checkbox"/>	Mark the next workshop date on your calendar (Tuesday, April 16th)
<input type="checkbox"/>	Complete a sweat rate test (for both sauna treatment and exercise)
<input type="checkbox"/>	Track your water consumption for 7+ days and aim for 1/2 your weight in ounces of water + 1 1/2 times your estimated fluid loss
<input type="checkbox"/>	
<input type="checkbox"/>	