



The *Keto* Wellness Program

MACRONUTRIENTS CHECKLIST

	Task
<input type="checkbox"/>	Mark your calendar with the next workshop date: Tuesday, May 21st
<input type="checkbox"/>	Start the HCl challenge (unless you are on a PPI)
<input type="checkbox"/>	Start the 21 Day Digestion Challenge on Tuesday, May 14th. Keep track of your points!
<input type="checkbox"/>	Track your challenge points DAILY!
<input type="checkbox"/>	