



The *Keto* Wellness Program

Homework Worksheet

Name: _____

What is your tendency? _____

What do you suspect the tendencies are of the 3 people that are closest to you?

Relationship: _____ Tendency: _____

Relationship: _____ Tendency: _____

Relationship: _____ Tendency: _____

Did you have any "ah-ha" moments?

Did you discover any opportunities to improve your life?
