



# The *Keto* Wellness Program

## INTRODUCTION TO KETO, MODULE 2 CHECKLIST

	Task
<input type="checkbox"/>	Download and fill out the Habit Check List for ONE habit you want to work on this month to help boost your ketone levels
<input type="checkbox"/>	Listen to Bulletproof Radio episode #435
<input type="checkbox"/>	Continue you track your macronutrients
<input type="checkbox"/>	Continue to track your ketone levels
<input type="checkbox"/>	Begin to track your fasting blood sugar levels
<input type="checkbox"/>	Use the Glucose Ketone Index (GKI) to record a daily value
<input type="checkbox"/>	
<input type="checkbox"/>	