



	(1x/day) Ketone	(1x/wk) waist “	Meal Time/s	Meals	(1x/day) pre-dinner BS	1hr PP	2hr PP	3hr PP	Activity Ex
Fri									
Sat									
Sun									

Measuring **KETONES & BLOOD SUGARS** is only recommended for the first 3 months or so. Once you *know* how *your* body responds to different foods you do not need to check. Some people will need to use the log a bit longer.

**Ketones:** 1x/day-anytime, “Trace” is referring to urine strips, .5-1.0 if using a ketone blood monitor; **BS** (blood sugar) *best* taken in afternoon or prior to dinner; **PP** (post prandial/meal) time starts at beginning of meal; **3hr PP:** take only if 2hr PP is higher than 1hr PP; **Trust your tape measure**-unlike the scale--measurements do not “lie”

**Activity/Exercise:** **F**=Sedentary; Level **D**=Low Intensity (walking, shopping, house/yard work, vibration plate, rebounder); **C**=Moderate Intensity-Aerobic *NOT* Anaerobic, 20-60min’s (yoga/pilates, hiking, golf, tennis, bike, easy planks/push-ups/squats); **B=Strengthening** = High Intensity-Anaerobic; Muscles, 15-30min’s (Body by Science, dumbbells, advanced planks/push-ups/squats/etc); **A=Interval Sprinting** = HIIT-Anaerobic intervals, 15-30min’s