

Name: _____

Date: _____

1. My biggest wins are... _____

2. Assessment of your success with the Keto-Uncoded Program

	Every day	75% of the time	50% of the time	25% of the time	Rarely
I am drinking ½ my bodyweight in ounces of water					
I am avoiding gluten					
I have eliminated processed seed oils					
I have eliminated processed sugar					
I am eating foods with one ingredient					
I have stopped eating 3 hours before going to bed					
I am moving my body					
I am practicing stress-reduction techniques					
I am getting 7-8 hours of quality sleep					
I am using my Food Journal					

3. My biggest struggle is... _____

