

30 Day Keto CHALLENGE

Write down all your health goals & read them when you feel like giving up	Drink 3 litres of water	Find a great keto substitute for your favorite high carb recipe	Download a food tracker app	Start a keto journal to track all things as you go forward
Make a keto meal plan for the week	Order a keto starbucks drink today	Get rid of non keto foods in your home	Stick to 15g of carbs today	Find 5 delicious keto recipes on Pinterest
Try intermittent fasting for atleast 12 hours	Write down your goal weight for the next 3 months	Eat 500 calories less than usual	Make today a keto meatless day!	Write down a word to describe how you want to feel in the next 3 months
Try out a loaded avocado recipe!	Walk 12,000 steps today	Try either: *bulletproof coffee *bulletproof tea *bulletproof hot chocolate	Make keto meals for your family today	Join A keto facebook group
Try a keto pizza	Find a few keto books to read	Research keto foods to avoid	Read some keto success stories	Write down 5 rewards to give yourself each time you hit a goal
Log your body measurements	Search online for some keto snacks on the go	Make some keto fat bombs	Follow some keto bloggers on Pinterest	Spend some time at the gym today!