



Progress Tracker

	Date	Progress Chart	Complete
Week 1		Ketoga Practice	
		Mindset	
		Sleep	
		Assessment	
Week 2		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	
Week 3		Assessment	
		Ketoga Practice	
		Mindset	
		Nutrition	
Week 3		Sleep	
		Assessment	

	Date	Progress Chart	Complete
Week 4		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	
		Assessment	
Week 5		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	
		Assessment	
Week 6		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	
		Reassessment	