



Progress Tracker

	Date	Progress Chart	Complete
Week 1		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	
Week 2		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	
Week 3		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	
Week 4		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	

Week 5		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	
Week 1		Ketoga Practice	
		Mindset	
		Nutrition	
		Sleep	