



Clean Keto

DAILY MUST DOS

FOOD JOURNAL

Be sure to write down your food daily. It's important to stick to 25 net carbs a day in order to get your body into ketosis, fat burning. This will be hard to do if you don't write down or track your food intake.

64 OZ. WATER

Drinking your water daily will help you not get dehydrated. This is really going to be your saving grace during this challenge and will even help with pesky cravings

MOVE YOUR BODY

Move your body daily. If you are just starting, that's ok. Go for a 10 minute walk and build up more time daily. Take this one day at a time and start somewhere.

SLEEP

Make sure to get enough sleep every night. This will help with motivation and recovery. It also supports a healthy immune system and aids in weightloss.