



# The Story of My Life

Notebook

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*The Complete Ketogenic Diet For  
Women Female Keto Diet Plan Journal*

# **The Story Of My Life: The Complete Ketogenic Diet For Women Female Keto Diet Plan Journal**

This Keto food journal is your secret weapon with space to:

- Suggested Keto Friendly Foods- TWO

Versions: Male & Female Measurement

Trackers- Keto Diet Planning Pages- Macro

tracking pages- Keto Weight Loss Diary-

Measurement Tracking- Multiple Keto

Challenge Pages!- Daily Meal Planners- Keto

Diet Progress Snapshots- Carb Counters- 21-

Day Keto Challenge- Weekly, Monthly &  
Yearly layouts- Yearly Overview- Shopping  
Lists- Weekly Keto Diet Planners

It's a funny tough love diet and exercise  
planner to support you in your weight loss  
goals You also can use this journal for all of  
this purpose.- Mood trackers to remember  
how your meals affected you.- Track your  
protein, fat and carb macros for each meal.-  
Stay motivated using your Week progress  
tracker for weight loss and body  
measurements.- Record your sleep quality to  
balance out your circadian rhythm.- Log the  
foods you eat for breakfast, lunch, dinner &

snacks.- Record your daily water intake to stay hydrated & flush toxins- Record your sleep quality to balance out your circadian rhythm.

Which means you can get lasting weight loss without hunger cravings with the Keto diet and increase your success simply by tracking your food intake every day.

Take a second to imagine how you'll feel once you lose weight on the Keto diet, and how your family and friends will react when they see your increased health and vitality.

- **ASIN** : B084Z5FWN6
- **Publisher** : Independently published  
(February 5, 2020)
- **Language** : English
- **Paperback** : 200 pages
- **ISBN-13** : 979-8613309009
- **Item Weight** : 12.8 ounces
- **Dimensions** : 6 x 0.5 x 9 inches

