

# Keto Weight Loss Chart

Name:

Date	Weight (lbs)	Net Carbs (g)	Fat (g)	Protein (g)	Total Calories

Here's a brief explanation of the columns:

- Date: Enter the date of each entry.
- Weight (lbs): Record your body weight on each specific date.
- Net Carbs (g): Track the net carbs you consume daily.
- Fat (g): Record the amount of fat intake.
- Protein (g): Track your protein intake.
- Total Calories: Record the total calories you consume each day.