

weight loss

drank 4 glasses of water	An article of clothing fit better	Fasted	Weighed yourself	Posted to your keto instagram
Drank bulletproof coffee	cheated	Took a pic of your keto meal	Ate eggs	Used an air fryer
ate cheese	exercised	FREE	Checked ketone levels	Lost an inch
Made a new recipe	ate a fat bomb	Over did your macros	Lost .5 lbs	Talked to a friend about keto
Joined a weightloss challenge	Did an egg fast	Took a pic to show progress	filled out a food diary	Drank diet soda

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Fasted	filled out a food diary	Posted to your keto instagram	Did an egg fast	Used an air fryer
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exercised	Used an air fryer	Weighed yourself	filled out a food diary	Fasted
Lost an inch	An article of clothing fit better	Took a pic of your keto meal	Drank bulletproof coffee	Joined a weightloss challenge