

# THREE WEEK KETO CHALLENGE



[AdvantageMeals.com](http://AdvantageMeals.com)

1. Get a checkmark for each of the three Rules (see below) that you followed each day. 2. Add up your bonus points for each day (4 Bonus Points possible each day).

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points	<input type="checkbox"/> Carbs <input type="checkbox"/> Protein <input type="checkbox"/> Fat Bonus Points

## Rules

1. Carbs Under 25 Grams
2. Fat over 70% of Calories
3. Protein over 15% of Calories

## Bonus Points

1. Tracking Macros
2. Drinking Water
3. Supplementing Electrolytes
4. No Cheating – No Refined Sugar