

Welcome and Thanks for purchasing “A Lazy Keto Girl’s Journal”!

There are two ways you can use this journal:

1. You can print the journal each week and hand fill it in. This is fun, especially if you are someone who is hands on. I recommend getting a binder and punching holes in it.
2. You can type straight into your journal from your computer or laptop!! Place your cursor and begin typing. If the space you are wanting to type in isn’t large enough - no problem! Just keep typing and a scroll bar will be added, so that when you want to go back in and read it, you just click and scroll. *****Be sure to save your ebook each time you make changes. I suggest:**
 - a. Save the original file I send you somewhere safe, so the next week you can start with a blank journal.
 - b. Before you start typing into the black ebook, save it, but CHANGE the name. Since you will be using this weekly, I recommend saving it as a date name, example: “Dec1”. Then when starting a new week, simply open the blank journal and save it as the new date.

Your journal has spots for various things you can track in your day. This includes carbs, weight, waist measurements, and what you have eaten during the day. Each day consists of two sheets. One of those sheets allows you to track your dreams and feelings (both mental and physical). It is helpful to track what you ate and compare such feelings; maybe you will learn a pattern of how that food might affect you, both physically and mentally).

At the end of the week, there is a place to track your total loss, both your weight and waist measurements, plus your total carbs. This information is very helpful, especially if you track several weeks, or months.

At the end of the journal is a place to store your favorites recipes or food. I recommend keeping website links here too! If you print the journal out you, may want to print full recipes here and tape them in. As well, if you use the fillable version, once again, space is unlimited.

Enjoy your new journal!

Tina, aka Lazy Keto Girl

RESOURCES

I recommend following our [Facebook group](#) to get the best tips and advice. Also get a copy of my **Lazy Keto Basic Food Guide** but subscribing to my newsletter on the ride sidebar on my website: LazyKetoGirl.com