



1.1 Intro Handout

MODULE 1: Preparation

- 1.1 [Introduction](#)
- 1.2 Write Down Your WHY
- 1.3 Snake Oil Salesman
- 1.4 Form your Tribe
- 1.5 Supplies & Measurements
- 1.6 Cupboard Therapy
- 1.7 Trouble Club

MODULE 2: The First Week

- 2.01 Day 1
- 2.02 Day 2: Eat Fat
- 2.03 Day 3: Pray for Pink
- 2.04 Day 4: Oh Poop!
- 2.05 If not Ketones by End of Day 4
- 2.06 No Ketones? Sip BHB & Do This
- 2.07 Day 5: Magnesium
- 2.08 Day 6: Calories & Cravings
- 2.09 Meetings & Motor Neurons
- 2.10 Day 7: Love Protein & Fear Fat

MODULE 3: Keto-Adaption

- 3.1 Week Two
- 3.2 ketoCONTINUUM #3 Accidentally Miss a Meal
- 3.3 ketoContinuum #4 Two Meals Per Day
- 3.4 Weeks Three - Four

MODULE 4: Baseline Metabolisms

- 4.1 Baseline Metabolism for ketoCONTINUUM
- 4.2 #DrBozRatio
- 4.3 ketoCONTINUUM #5 16:8
- 4.4 ketoCONTINUUM #6 Advanced 16:8
- 4.5 ketoCONTINUUM #7 23:1
- 4.6 Glycogen & Cortisol
- 4.7 ketoCONTINUUM #8 Advanced 23:1
- 4.8 Conclusion

BONUS VIDEO

- 4 Fasting Cycles

If you've already started on keto, week one might be a review, but the fundamentals are important. Please don't skip them. The curriculum advances in difficulty with each module. Resources will be provided along the way. Please look for handouts associated with most videos. These help you keep track of your progress and offer resources at each step of the ketoCONTINUUM. Download and print them if that helps..

These videos are meant for you to revisit as you grow your skills.

If you teach others about the keto way of living, please use these videos. The more students educated, the healthier our world becomes.