



3.4 Weeks Three - Four

3. I “accidentally” missed a meal. [Keto-adapted]	Fat supplies the resources needed to make fat-built hormones. Fat based hormones approach healthy levels. Appetite decreases according to body’s chemistry.	Sometimes it takes 10 weeks before this moment happens. Don’t look at the scale. Listen for the absence of hunger.
4. Eat 2 meals per day.	Choose to eat only 2 meals per day.	Succeed 7 day in a row before advancing.

BEST DR. BOZ Sleep Lecture.

Complete this [handout](#) while you [watch the video](#). Don’t fall asleep during my sleep lecture. For those that DID the 14th challenge in Module 3.1 this will be familiar territory. This topic was important enough to put in twice.

For a deeper dive into sleep education, read the [blog article](#) I wrote about Mary. Make an appointment with your physician if you need help reprogramming your sleep. Print off the article and the resources to bring along to your appointment.

Keto Support Group Guidelines.

1. Support groups awaken Mirror Neurons.
2. NO FOOD.
3. Share your High and Low keto moments of the week.
4. Veterans check-in first. Newbies observe.
5. Meet weekly for 60 min.
6. Keep the meetings free.
7. Share stories without focusing on identities.
8. Goal = Share how you eat fat.



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Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Blood Pressure							
PeeTones							
Symptoms of Low Magnesium							
Epsom Salt Bath/Float							
Accountability Partner Check-in							
Number of UNSweetened Drinks							
Meal 1 Time							
Meal 2 Time							
Consecutive Days @ 2 Meals per day	123456 7	1234567	1234567	1234567	1234567	1234567	1234567
Hours Slept	8	8	8	8	8	8	8
Weight							



3.4 Weeks Three - Four

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Blood Pressure							
PeeTones							
Symptoms of Low Magnesium							
Epsom Salt Bath/Float							
Accountability Partner Check-in							
Number of UNSweetened Drinks							
Meal 1 Time							
Meal 2 Time							
Consecutive Days @ 2 Meals per day	123456 7	1234567	1234567	1234567	1234567	1234567	1234567
Hours Slept	8	8	8	8	8	8	8
Weight							