



4.8 Conclusion Consistently Keto

Linked Handouts to Each Video

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 & Mirror Neurons](#)
- 2.10 [Day 7: Love Protein & Fear Fat](#)

MODULE 3: Keto-Adaption

- 3.1 [Week Two 16:8](#)
- 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](#)
- 4.5 [ketoCONTINUUM #7 23:1](#)
- 4.6 [Glycogen & Cortisol](#)
- 4.7 [ketoCONTINUUM #8 Advanced 23:1](#)
- 4.8 Conclusion

BONUS VIDEO

[Fasting Cycles](#)

The curriculum advances in difficulty with each module. Resources are provided along the way. Handouts associated with most videos enhance education. The handouts help you keep track of your progress and offer resources at each step of the ketoCONTINUUM. Download and print them if that helps.

The videos are meant for you to revisit as you unfold different modules and grow your skills.

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



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Now that you have graduated, please show off. Add this [Facebook frame](#) to your Facebook profile. This shows others that you have graduated from the Dr. Boz Core Curriculum for staying CONSISTENTLY KETO!

