KETO CRUSH

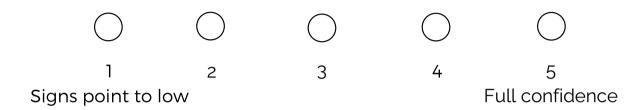
MID-CRUSH EVALUATION FORM

Examine your progress after completing week 3 of Keto Crush and evaluate your expectations and/or hesitations heading into week 4— Maintenance + Sustainability.

Current Weight	
Desired Weight	
Total Weight Lost	
What has been going well for you	1?
Improved sleep	Lost weight
Increased confidence	Feeling energized
Diminished cravings	Feeling accomplished
Feel free to elaborate	
My biggest weekly win was	



On a scale of 1-5 how confident do you feel in your ability to continue the ketogenic diet beyond our time together?



Name one thing you could do today to improve your confidence.

List any fears you have about life after the program:

- 1
- 2
- 3

List potential solutions to keep your fears from overcoming you:

- 1
- 2
- 3



What area do you feel you need to work on most?	
Have you been taking daily action towards your health goals?	
Yes No	
What might help motivate you to do so?	
If you care to share your results— your wins, losses, clarity or confusion I would encourage you to post publicly within the private FB group or within your individual social media feed.	
Now, congratulate yourself, because you're one week closer to your celebratory reward! :)	

