

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?

- | | |
|---|---|
| <input type="checkbox"/> Improved sleep | <input type="checkbox"/> Lost weight |
| <input type="checkbox"/> Increased confidence | <input type="checkbox"/> Feeling energized |
| <input type="checkbox"/> Diminished cravings | <input type="checkbox"/> 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?



1

2

3

4

5

Signs point to low

Full confidence

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! :)

