**COUNTESS OF LOW CARB KETONE & GLUCOSE TRACKING**

**www.countessoflowcarb.com**

**Ketone Reading Levels:**

|  |  |
| --- | --- |
| **Reading** | **WHAT IT MEANS** |
| .5 | Low levels of ketones in blood = not in fat burning state |
| 1.6-2.9 | Optimal fat burning state = awesome weight loss! |
| 3.0+ | Too many ketones |

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| **How to Increase Ketone Readings:** |
| -Sweat for 30 minutes. Like full on sweat. My ketones spike a lot after sweating. |
| -Extend fasting times. If you are doing a 16 hour fast, try a 20 hour fast. I love 24 hour fasts, but that is a personal preference. |

**Morning Testing:**

Dawn effect will raise glucose naturally as body’s way to wake up.

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| **Testing Times:** |
| *(Full disclosure I LOVE to test and am a nerd about testing a lot. Find what works for you)* |
| -When I wake up |
| -90 minutes after I wake up |
| -Right before I eat |
| -90 minutes after I eat |
| -Before I go to bed |

**Alternative Testing:**

-I like to test how products react in my body. For example, it was eye opening to see how my body responded to Diet Coke and other fake sweeteners.

-Test w/ products right before and then 90 minutes after to see what results are.

**Products I love:**

Keto Mojo Device w/ 15% OFF:

<http://bit.ly/2N5p0Cv>

Glucose Strips:

<http://bit.ly/2N5p0Cv>

Ketone Strips:

http://bit.ly/2N5p0Cv

**PRINTABLE on page 2:**

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| --- | --- | --- | --- | --- | --- |
| **Date** | **Time** | **Reading Glucose/Ketones** | **Last Ate** | **Mood/Feeling/**  **Environment/**  **Workout** | **\_\_\_\_\_\_\_\_\_\_\_** |
|  |  |  |  |  |  |
| WAKE UP TIME:  \_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |
|  |  |  |  |  |  |
| FASTING TIME START/LENGTH: \_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |
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| WAKE UP TIME:  \_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |
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| WAKE UP TIME:  \_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |
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| FASTING TIME START/LENGTH: \_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |
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**Extra Tracker Tips For Success:**

* Fill in date and times you are testing your blood.
* Wakeup time is important and the 90 minutes after the Dawn Effect.
* Even if you aren’t intentionally fasting, track your eating window time as it is helpful information.
* Far Right Column
  + Notice if there any trends? Or did you learn anything? Put food and drink testing details there.