10-10 COUNTESS CHALLENGE

1) 10 DAYS,
2) LEVEL 10 (BEST) KETO FOOD AND/OR FASTING
3) 10 DAYS OF COMMENTS USING HASHTAG #10COUNTESSCHALLENGE

KETO GOAL

FASTING GOAL

BODY MOVEMENT GOAL

TRACKING KETO, FASTING & BODY MOVEMENT:
WWW.COUNTESSOFLOWCARB.COM

COUNTESS OF LOW CARB

YouTube