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# Know Your Why!

Why are you considering a ketogenic lifestyle? Spend a few minutes jotting down your thoughts about why this way of eating might be a good option for you. Use the questions below to help guide your thoughts. Some of these questions may not be relevant to you. Respond only to those that are.

Does your health negatively impact your day-to-day life? If so, how?

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How does your health affect your relationships with others? Do you feel that your close friends and family are impacted by your health?

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Why is it important to you to follow a ketogenic lifestyle? What do you hope to accomplish?

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What do you want to be different about your health or your eating habits?

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