

Clean & Simple Keto Challenge - June 2021

From the "Loving it on Keto" You Tube Channel with Wendy and Harry

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 16 HOUR FAST OR 8 HOUR EATING WINDOW - EAT TWO MEALS AND MOVE YOUR BODY	2 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK	3 18 HOUR FAST OR 6 HOUR EATING WINDOW TWO MEALS NO SNACKS MOVE YOUR BODY	4 16 HOUR FAST OR 8 HOUR EATING WINDOW TWO OR THREE MEALS MOVE YOUR BODY	5 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK
6 18 HOUR FAST OR 6 HOUR EATING WINDOW TWO MEALS NO SNACKS MOVE YOUR BODY	7 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK	8 16 HOUR FAST OR 8 HOUR EATING WINDOW - EAT TWO MEALS AND MOVE YOUR BODY	9 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK	10 18 HOUR FAST OR 6 HOUR EATING WINDOW TWO MEALS NO SNACKS MOVE YOUR BODY	11 16 HOUR FAST OR 8 HOUR EATING WINDOW EAT TWO MEALS MOVE YOUR BODY	12 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK
13 18 HOUR FAST OR 6 HOUR EATING WINDOW TWO MEALS NO SNACKS MOVE YOUR BODY	14 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK	15 16 HOUR FAST OR 8 HOUR EATING WINDOW - EAT TWO MEALS AND MOVE YOUR BODY	16 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK	17 18 HOUR FAST OR 6 HOUR EATING WINDOW TWO MEALS NO SNACKS MOVE YOUR BODY	18 16 HOUR FAST OR 8 HOUR EATING WINDOW EAT TWO MEALS MOVE YOUR BODY	19 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK
20 18 HOUR FAST OR 6 HOUR EATING WINDOW TWO MEALS NO SNACKS MOVE YOUR BODY	21 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK	22 16 HOUR FAST OR 8 HOUR EATING WINDOW - EAT TWO MEALS AND MOVE YOUR BODY	23 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK	24 18 HOUR FAST OR 6 HOUR EATING WINDOW TWO MEALS NO SNACKS MOVE YOUR BODY	25 16 HOUR FAST OR 8 HOUR EATING WINDOW EAT TWO MEALS MOVE YOUR BODY	26 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK
27 18 HOUR FAST OR 6 HOUR EATING WINDOW TWO MEALS NO SNACKS MOVE YOUR BODY	28 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK	29 16 HOUR FAST OR 8 HOUR EATING WINDOW - EAT TWO MEALS AND MOVE YOUR BODY	30 REGULAR EATING DAY EAT TWO OR THREE MEALS TAKE A WALK			