(Tip, click View > Show Document Outline)

(Disclaimer: I talk about bodily functions and some profane language)

**Day 1**

I didn’t exactly break my fast perfect and refeed had more carbs than I would have liked. No real sugars or soda or pizza or anything. I kept most meals small and relatively low carb. The first 48 hours is normally easy though. The first 24 hours is a breeze. I am not in ketosis at all, the strip showed tan and no color change so I will probably have a rough time on day 3-5.

**Day 2**

Woke up with a headache, I probably should have went strict keto before diving into this fast, this is going to be 4 days of hell. Downing snake juice and sucking it up. After that 55 day fast cravings don’t really happen. Only issue today is the headache.

**Day 3**

Headache is still there, regrets all around not having done keto for a week before jumping in. Gotta grind this out. Again, downing snake juice and sucking it up. No cravings or issues wanting food. Even my stomach isn’t growling at all. Same as day 2 just the headache, mid color on the ketone strip, mid level ketosis right now.

**Day 4**

Woke up and headache is gone. Ketone strips showed black today. Fully into fat burning mode now. Life is good. Dropped a pile of weight so far too. Went from 201 to 193 in 4 days. No hunger/cravings/cramps/headaches. Ready to just cruise through this fast and hit my lean self on this fast.

**Day 5**

Had my first BM today since starting the fast, going to buy some magnesium citrate and clear myself out tomorrow. Took another cold shower today and made it 15 minutes. Those I don’t think I will ever get used to. The fast is going good, headaches are gone and no problems still.

**Day 6**

placeholder..