

ADVANCED PROLONGED FASTING TRACKER

Start Date:

Target Hours:

DAY	HOUR	GLUCOSE (MG/DL)	KETONES (MMOL/L)	GKI INDEX	WEIGHT	ELECTROLYTES (Åœ“)	ENERGY (1-10)
1	24						
2	48						
3	72						
4	96						
5	120						
6	144						
7	168						

Starting Weight

Ending Weight

Avg. Sleep Quality

Total Hours Fasted

Monitor vitals closely. Consult a medical professional before attempting fasts exceeding 72 hours.