

INTERMITTENT FASTING TRACKER

METHOD

16:8 (16h Fast / 8h Window)

WEEK OF

Day	Fast Start	First Meal	Last Meal	Hydration
Monday	8:00 PM	12:00 PM	8:00 PM	
Tuesday	8:00 PM	12:00 PM	8:00 PM	
Wednesday	8:00 PM	12:00 PM	8:00 PM	
Thursday	8:00 PM	12:00 PM	8:00 PM	
Friday	8:00 PM	12:00 PM	8:00 PM	
Saturday	8:00 PM	12:00 PM	8:00 PM	
Sunday	8:00 PM	12:00 PM	8:00 PM	

WEEKLY PROGRESS & ENERGY NOTES