

# WEEKLY FASTING SCHEDULE

Health & Wellness Tracker

Name: \_\_\_\_\_

Week Of: \_\_\_\_\_

Fasting Goal (e.g. 16:8): \_\_\_\_\_

Target Weight: \_\_\_\_\_

| DAY       | FAST START | FAST END | TOTAL HOURS | HYDRATED |
|-----------|------------|----------|-------------|----------|
| Monday    |            |          |             |          |
| Tuesday   |            |          |             |          |
| Wednesday |            |          |             |          |
| Thursday  |            |          |             |          |
| Friday    |            |          |             |          |
| Saturday  |            |          |             |          |
| Sunday    |            |          |             |          |

Daily Reflections (Energy levels, mood, sleep quality...)

Consult with a healthcare professional before beginning any new fasting regimen.