

# HOLISTIC FASTING SUCCESS TRACKER

WEEK OF: \_\_\_\_\_

START WEIGHT: \_\_\_\_\_

GOAL: \_\_\_\_\_

DAY	PROTOCOL	FAST HRS	MIND/BODY VITALITY	HOLISTIC OBSERVATIONS
MON			Low High	
TUE			Low High	
WED			Low High	
THU			Low High	
FRI			Low High	
SAT			Low High	
SUN			Low High	

## WEEKLY REFLECTION & INTEGRATION

Body & Mind & Spirit Intentional Wellness Journal