

# INTERMITTENT FASTING TRACKER

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

Method: (e.g. 16:8) \_\_\_\_\_

Goal Weight: \_\_\_\_\_

DAY	FAST START	FAST END	DURATION	NOTES / MOOD	DONE
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Focus: Hydration, Electrolytes, Clean Fasting Total Fasted Hours This Week: \_\_\_\_\_