

FASTING PROGRESS TRACKER

Target Duration: _____ Hours

START DATE & TIME

STARTING WEIGHT

ENDING WEIGHT

DAY	TIME (24H)	HYDRATION (8OZ)	ENERGY (1-10)	PHYSICAL SYMPTOMS / MOOD
1				
2				
3				
4				
5				
6				
7				

Consult with a healthcare professional before beginning long-duration fasts.