

METABOLIC HEALTH FASTING SCHEDULE

NAME: _____ WEEK OF: _____

PROTOCOL: 16:8 / 18:6 / OMAD

DAY	FASTING WINDOW	EATING WINDOW	SLEEP QUALITY	ENERGY LEVEL
Monday	8PM - 12PM	12PM - 8PM	â— â—	Low / Med / High
Tuesday	8PM - 12PM	12PM - 8PM	â— â—	Low / Med / High
Wednesday	8PM - 12PM	12PM - 8PM	â— â—	Low / Med / High
Thursday	8PM - 12PM	12PM - 8PM	â— â—	Low / Med / High
Friday	8PM - 12PM	12PM - 8PM	â— â—	Low / Med / High
Saturday	8PM - 12PM	12PM - 8PM	â— â—	Low / Med / High

DAY	FASTING WINDOW	EATING WINDOW	SLEEP QUALITY	ENERGY LEVEL
Sunday	8PM - 12PM	12PM - 8PM	â— â—	Low / Med / High

WEEKLY OBSERVATIONS & METABOLIC MARKERS

Note: This is a tracking template only. Consult a healthcare professional before starting any fasting protocol.