

# WEEKLY FASTING TRACKER

WEEK OF: \_\_\_\_\_ GOAL: 16:8 / 18:6 / 20:4

DAY	FASTING START/END	EATING WINDOW	NOTES / ENERGY LEVEL
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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

Hydration Goal: [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ] Focus: Consistency over perfection