

24-HOUR FASTING TRACKER

Date:

Goal:

DONE	TIME INTERVAL	ENERGY LEVEL (1-10)	HYDRATION / NOTES
	Hour 1 - 4		
	Hour 5 - 8		
	Hour 9 - 12		
	Hour 13 - 16		
	Hour 17 - 20		
	Hour 21 - 24		

Start Time:

End Time:

REFLECTIONS & PHYSICAL SENSATIONS

Consistency over perfection. Stay hydrated.