

# CLEAN FASTING SCHEDULE

Protocol: 18:6 Intermittent Fasting Week Of: \_\_\_\_\_

DAY	FASTING WINDOW	EATING WINDOW	CLEAN FAST CHECK
Monday	8:00 PM - 2:00 PM	2:00 PM - 8:00 PM	[ ]
Tuesday	8:00 PM - 2:00 PM	2:00 PM - 8:00 PM	[ ]
Wednesday	8:00 PM - 2:00 PM	2:00 PM - 8:00 PM	[ ]
Thursday	8:00 PM - 2:00 PM	2:00 PM - 8:00 PM	[ ]
Friday	8:00 PM - 2:00 PM	2:00 PM - 8:00 PM	[ ]
Saturday	Flex / 20:4	Variable	[ ]
Sunday	8:00 PM - 2:00 PM	2:00 PM - 8:00 PM	[ ]

## Daily Progress Notes:

*\* Clean Fasting: Plain water, black coffee, plain green/black tea only. No sweeteners, flavors, or creams during fasting windows.*