

# 18:6 INTERMITTENT FASTING SCHEDULE

18 Hours Fasting • 6 Hours Eating Window

DAY	FASTING WINDOW (18H)	EATING WINDOW (6H)	STATUS
Monday	12:00 AM - 12:00 PM	12:00 PM - 06:00 PM	<b>Eating</b>
Tuesday	12:00 AM - 12:00 PM	12:00 PM - 06:00 PM	<b>Eating</b>
Wednesday	12:00 AM - 12:00 PM	12:00 PM - 06:00 PM	<b>Eating</b>
Thursday	12:00 AM - 12:00 PM	12:00 PM - 06:00 PM	<b>Eating</b>
Friday	12:00 AM - 12:00 PM	12:00 PM - 06:00 PM	<b>Eating</b>
Saturday	12:00 AM - 12:00 PM	12:00 PM - 06:00 PM	<b>Eating</b>
Sunday	12:00 AM - 12:00 PM	12:00 PM - 06:00 PM	<b>Eating</b>

## Daily Goals

List water intake, electrolytes, or specific meals...

## Weekly Reflections

Energy levels, sleep quality, and mood...