

INTERMITTENT FASTING SCHEDULE

TARGET PROTOCOL (E.G., 16:8)

EATING WINDOW

CURRENT WEIGHT

HYDRATION GOAL (LITERS)

Day	Fasting Start	First Meal	Last Meal	Workout	Goal Met
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEKLY PROGRESS & ENERGY LEVELS

Daily Focus: Protein Intake | Hydration | Electrolytes Week Ending: ____ / ____ / ____