

INTERMITTENT FASTING SCHEDULE

Week Of: Method (e.g. 16:8):

DAY	FAST STARTS	FIRST MEAL	LAST MEAL	HYDRATION (8OZ)
Monday				â—‹ â—‹ â—‹ â—‹ â—‹ â—‹
Tuesday				â—‹ â—‹ â—‹ â—‹ â—‹ â—‹
Wednesday				â—‹ â—‹ â—‹ â—‹ â—‹ â—‹
Thursday				â—‹ â—‹ â—‹ â—‹ â—‹ â—‹
Friday				â—‹ â—‹ â—‹ â—‹ â—‹ â—‹
Saturday				â—‹ â—‹ â—‹ â—‹ â—‹ â—‹
Sunday				â—‹ â—‹ â—‹ â—‹ â—‹ â—‹

Focus Areas (Energy Levels, Sleep Quality, Cravings):

Prioritize nutrient-dense whole foods and listen to your body's hormonal cycles.