

OMAD WEEKLY FASTING LOG

One Meal A Day | 23:1 Schedule

Week Starting: _____

Starting Weight: _____

DAY	EATING WINDOW	MEAL DESCRIPTION	DONE
Monday	_____ : _____		
Tuesday	_____ : _____		
Wednesday	_____ : _____		
Thursday	_____ : _____		
Friday	_____ : _____		
Saturday	_____ : _____		
Sunday	_____ : _____		

WEEKLY NOTES (HYDRATION, ENERGY LEVELS, SLEEP):

Recommended: Drink water, black coffee, or plain tea during fasting hours.