

INTERMITTENT FASTING SCHEDULE

Method: 16:8 (Example)

Week Of:
Target Weight:
Fast Start Time:

DAY	FAST WINDOW	EATING WINDOW	HYDRATION	DONE
Monday	8 PM - 12 PM	12 PM - 8 PM		
Tuesday	8 PM - 12 PM	12 PM - 8 PM		
Wednesday	8 PM - 12 PM	12 PM - 8 PM		
Thursday	8 PM - 12 PM	12 PM - 8 PM		
Friday	8 PM - 12 PM	12 PM - 8 PM		
Saturday	8 PM - 12 PM	12 PM - 8 PM		

DAY	FAST WINDOW	EATING WINDOW	HYDRATION	DONE
Sunday	8 PM - 12 PM	12 PM - 8 PM		

WEEKLY ENERGY & MOOD NOTES

Note: Consult a healthcare professional before starting any new fasting protocol.