

INTERMITTENT FASTING SCHEDULE

Weekly Tracking Template

Week Of: _____

Protocol: (e.g., 16:8, 18:6) _____

DAY	FASTING WINDOW	EATING WINDOW	ACTUAL MEALS / NOTES
Monday	8PM - 12PM	12PM - 8PM	
Tuesday	8PM - 12PM	12PM - 8PM	
Wednesday	8PM - 12PM	12PM - 8PM	
Thursday	8PM - 12PM	12PM - 8PM	
Friday	8PM - 12PM	12PM - 8PM	
Saturday	8PM - 12PM	12PM - 8PM	
Sunday	8PM - 12PM	12PM - 8PM	

Weekly Goals & Reflection:

Write hydration goals, energy levels, or weight progress here...