

INTERMITTENT FASTING TRANSFORMATION

Weekly Progress Tracker

Start Date
Protocol (e.g. 16:8)
Starting Weight

WEEK	WEIGHT	WAIST (IN/CM)	ENERGY / MOOD NOTES
1			
2			
3			
4			
5			
6			
7			
8			

WEEK	WEIGHT	WAIST (IN/CM)	ENERGY / MOOD NOTES
9			
10			
11			
12			

Monthly Milestones & Non-Scale Victories
Consistency is key. Trust the process.