

INTERMITTENT FASTING TRACKER

Consistency is the bridge between goals and accomplishment.

MONTH/WEEK: _____
PROTOCOL: (E.G. 16:8) _____
STARTING WEIGHT: _____

DAY	FAST WINDOW	ENERGY/MOOD (1-10)	WORKOUT	DONE
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

"Focus on the feeling of being healthy, not the struggle of being disciplined."

WEEKLY GOAL: _____

REFLECTIONS / ADAPTATIONS:
NON-SCALE VICTORIES: