

# INTERMITTENT FASTING GOAL TRACKER

Month of: \_\_\_\_\_

STARTING WEIGHT

TARGET WEIGHT

PRIMARY PROTOCOL (E.G., 16:8, 18:6, OMAD)

WEEKLY SCHEDULE & WINDOWS

Day	Fast Starts	Fast Ends	Window Length
Mon-Fri			
Sat-Sun			

WEEKLY PROGRESS CHECK-IN

MON  
TUE  
WED  
THU  
FRI  
SAT  
SUN

NON-SCALE VICTORIES & NOTES