

INTERMITTENT FASTING

Weekly Habit Tracker

Week Of: _____

| DAY | FASTING WINDOW | RATIO | ENERGY/MOOD | SUCCESS |
|-----|----------------|-------|-------------|---------|
|-----|----------------|-------|-------------|---------|

MON

TUE

WED

THU

FRI

SAT

SUN

AVERAGE FAST DURATION
TOTAL COMPLETED DAYS
WEIGHT (START/END)