

# FASTING JOURNEY LOG

WEEK OF: \_\_\_\_\_

Protocol: (e.g. 16:8, OMAD)

Starting Weight:

Goal for Week:

DAY	FAST START	FAST END	TOTAL HOURS	ENERGY / MOOD	HYDRATION
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

Weekly Reflection & Non-Scale Victories (NSVs):

Intermittent Fasting Health Journey | Consistency is Key