

FASTING PROTOCOL TRACKER

WEEK OF _____
TARGET RATIO (E.G. 16:8) _____
STARTING WEIGHT _____

DAY	FAST STARTED	FAST ENDED	TOTAL HOURS	ENERGY / MOOD / NOTES	COMPLETED
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

WEEKLY PROGRESS OBSERVATIONS _____
GOALS FOR NEXT WEEK _____