

INTERMITTENT FASTING PLANNER

Weekly Routine & Tracking

Week Of: _____

Method (e.g., 16:8, OMAD): _____

Starting Weight: _____

Target Fasting Window: _____

DAY	FAST START/END	ENERGY LEVEL / NOTES
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

HYDRATION TRACKER

2L+ Water Daily

Electrolytes Taken

Black Coffee/Tea Only

WEEKLY REVIEW

Successes: _____
Challenges: _____