

# INTERMITTENT FASTING LOG

Month/Week: \_\_\_\_\_

Goal: 16:8 | 18:6 | 20:4 | OMAD

DAY / DATE	FAST STARTED	FAST ENDED	TOTAL HOURS	NOTES (ENERGY/MOOD)
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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

Weekly Reflection:

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