

INTERMITTENT FASTING TRACKER

Monthly Progress Log

Month: _____

Starting Weight: _____

DAY	FAST WINDOW	EATING WINDOW	HOURS FASTED	WEIGHT	ENERGY (1-5)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

DAY	FAST WINDOW	EATING WINDOW	HOURS FASTED	WEIGHT	ENERGY (1-5)
12					
13					
14					

WEEKLY REFLECTIONS & GOALS: