

FAST TRACKER

Weekly Intermittent Fasting Log

WEEK OF:
GOAL RATIO: (e.g. 16:8)
START WEIGHT:

DAY	FAST START	FAST END	TOTAL FAST	FIRST MEAL	LAST MEAL
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Focus Discipline Consistency End Weight: _____