













# My Eating Habits

Use this chart to record the usual timing and size of your meals as well as your goal timing once you begin intermittent fasting..

## CURRENT

	First Meal	Final Meal	Size of Meal		
Weekdays	<input type="text"/>	<input type="text"/>			
Weekends	<input type="text"/>	<input type="text"/>			

## FASTING GOALS

	First Meal	Final Meal	Size of Meal		
Weekdays	<input type="text"/>	<input type="text"/>			
Weekends	<input type="text"/>	<input type="text"/>			

WHAT IS THE MOST IMPORTANT MEAL OF THE DAY FOR BOTH YOUR BODY AND MIND?

# My Fitness Goals

## CURRENT

Date	Weight	Waist	Hip	Chest	Arms	Legs

## GOAL TRACKER

Date	Weight	Waist	Hip	Chest	Arms	Legs

Ideal Weight

# My Fasting Tracker

Date Range  Hours Fasted/Fed  /

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Monday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Tuesday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Wednesday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Thursday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Friday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Saturday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sunday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

Date  Weight  Waist  Hip  Chest  Arms  Legs



Date Range  Hours Fasted/Fed  /

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Monday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Tuesday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Wednesday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Thursday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Friday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Saturday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sunday	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

Date  Weight  Waist  Hip  Chest  Arms  Legs



# My Journey

## MY GOALS AND MOTIVATION

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## MY PERSONAL INTERMITTENT FASTING BENEFITS

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## MY DISCOMFORTS AND DIFFICULT ENCOUNTERS DURING THE INTERMITTENT FASTING

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