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INTERMITTENT FASTING LOG

HALF LETTER | 1 PAGE · 2 VERSIONS · MINIMAL

INTERMITTENT FASTING Week of:

Notes

☐ Sleep 7-9 hours at least every day
☐ Eating healthy food 18 months

SUMMARY

Week	Monday	Tues	Wednes	Thurs	Friday	Saturday	Sunday
Week	17.1 kg						
Week	18.1 kg						

INTERMITTENT FASTING LOG

Day	Fast	Break	Calories	Weight	Notes
1	12:00-18:00	18:00-19:00	1800	17.1	Good progress (1) Good
2	12:00-18:00	18:00-19:00	1800	17.1	Good progress (2) Good
3	12:00-18:00	18:00-19:00	1800	17.1	Good progress (3) Good
4	12:00-18:00	18:00-19:00	1800	17.1	Good progress (4) Good
5	12:00-18:00	18:00-19:00	1800	17.1	Good progress (5) Good
6	12:00-18:00	18:00-19:00	1800	17.1	Good progress (6) Good
7	12:00-18:00	18:00-19:00	1800	17.1	Good progress (7) Good
8	12:00-18:00	18:00-19:00	1800	17.1	Good progress (8) Good
9	12:00-18:00	18:00-19:00	1800	17.1	Good progress (9) Good
10	12:00-18:00	18:00-19:00	1800	17.1	Good progress (10) Good
11	12:00-18:00	18:00-19:00	1800	17.1	Good progress (11) Good
12	12:00-18:00	18:00-19:00	1800	17.1	Good progress (12) Good
13	12:00-18:00	18:00-19:00	1800	17.1	Good progress (13) Good
14	12:00-18:00	18:00-19:00	1800	17.1	Good progress (14) Good
15	12:00-18:00	18:00-19:00	1800	17.1	Good progress (15) Good
16	12:00-18:00	18:00-19:00	1800	17.1	Good progress (16) Good
17	12:00-18:00	18:00-19:00	1800	17.1	Good progress (17) Good
18	12:00-18:00	18:00-19:00	1800	17.1	Good progress (18) Good
19	12:00-18:00	18:00-19:00	1800	17.1	Good progress (19) Good
20	12:00-18:00	18:00-19:00	1800	17.1	Good progress (20) Good
21	12:00-18:00	18:00-19:00	1800	17.1	Good progress (21) Good
22	12:00-18:00	18:00-19:00	1800	17.1	Good progress (22) Good
23	12:00-18:00	18:00-19:00	1800	17.1	Good progress (23) Good
24	12:00-18:00	18:00-19:00	1800	17.1	Good progress (24) Good
25	12:00-18:00	18:00-19:00	1800	17.1	Good progress (25) Good
26	12:00-18:00	18:00-19:00	1800	17.1	Good progress (26) Good
27	12:00-18:00	18:00-19:00	1800	17.1	Good progress (27) Good
28	12:00-18:00	18:00-19:00	1800	17.1	Good progress (28) Good
29	12:00-18:00	18:00-19:00	1800	17.1	Good progress (29) Good
30	12:00-18:00	18:00-19:00	1800	17.1	Good progress (30) Good

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8	12:00-18:00	18:00-19:00	1800	17.1	Good progress (8) Good
9	12:00-18:00	18:00-19:00	1800	17.1	Good progress (9) Good
10	12:00-18:00	18:00-19:00	1800	17.1	Good progress (10) Good
11	12:00-18:00	18:00-19:00	1800	17.1	Good progress (11) Good
12	12:00-18:00	18:00-19:00	1800	17.1	Good progress (12) Good
13	12:00-18:00	18:00-19:00	1800	17.1	Good progress (13) Good
14	12:00-18:00	18:00-19:00	1800	17.1	Good progress (14) Good
15	12:00-18:00	18:00-19:00	1800	17.1	Good progress (15) Good
16	12:00-18:00	18:00-19:00	1800	17.1	Good progress (16) Good
17	12:00-18:00	18:00-19:00	1800	17.1	Good progress (17) Good
18	12:00-18:00	18:00-19:00	1800	17.1	Good progress (18) Good
19	12:00-18:00	18:00-19:00	1800	17.1	Good progress (19) Good
20	12:00-18:00	18:00-19:00	1800	17.1	Good progress (20) Good
21	12:00-18:00	18:00-19:00	1800	17.1	Good progress (21) Good
22	12:00-18:00	18:00-19:00	1800	17.1	Good progress (22) Good
23	12:00-18:00	18:00-19:00	1800	17.1	Good progress (23) Good
24	12:00-18:00	18:00-19:00	1800	17.1	Good progress (24) Good
25	12:00-18:00	18:00-19:00	1800	17.1	Good progress (25) Good
26	12:00-18:00	18:00-19:00	1800	17.1	Good progress (26) Good
27	12:00-18:00	18:00-19:00	1800	17.1	Good progress (27) Good
28	12:00-18:00	18:00-19:00	1800	17.1	Good progress (28) Good
29	12:00-18:00	18:00-19:00	1800	17.1	Good progress (29) Good
30	12:00-18:00	18:00-19:00	1800	17.1	Good progress (30) Good

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B Lingard



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Cheat Sheet To Winning With Intermittent Fasting Tonya Fines, BSC, PE, 2021-11-25 Intermittent fasting is arguably the least expensive and most powerful healing method we can incorporate into our lives Every religion has an element of fasting whether it s 30 days of Ramadan or a one day Yum Kippur fast Our ancient ancestors were definitely on to something We humans have been fasting since we first walked the earth Our paleolithic ancestors didn t have the luxury of 24 7 convenience stores a Starbucks on every corner or even refrigerators to store their food Thus they ate what was freshly available But sometimes they couldn t find anything to eat and their bodies evolved to be able to function without food for extended periods of time Today we still have this same biology we haven t evolved at all And if anything fasting from time to time is more natural and healthier than constantly eating 3 4 or more meals per day I ll show you proof further below

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