

EASILY TRACK YOUR FAST FOR THE WEEK

CAPTURE HOW MANY HOURS YOU FASTED
AND ATE OVER A 24 HOUR PERIOD

INTERMITTENT FASTING TRACKER

WEEK OF: _____

	12 AM	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	NO. HOURS EATING	NO. HOURS FASTING
MON																										
TUE																										
WED																										
THUR																										
FRI																										
SAT																										
SUN																										

TRACK YOUR PROGRESS
OVER THE WEEK

CAPTURE YOUR
EATING/FASTING RATIO
FOR EACH DAY

Intermittent Fasting Etsy 2025

BM King



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