

Intermittent Fasting Tracker

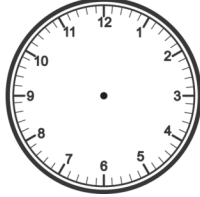
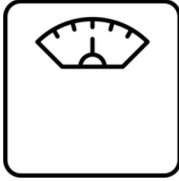
WEEK OF _____



GOALS _____



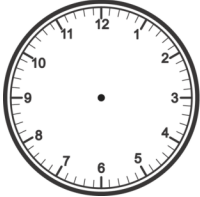
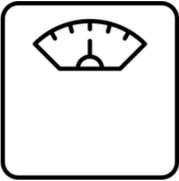
SUNDAY



NOTES

FASTING RATIO -

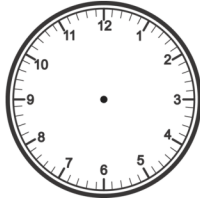
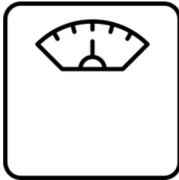
MONDAY



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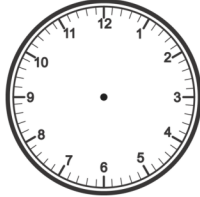
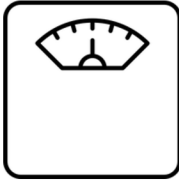
TUESDAY



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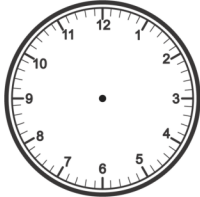
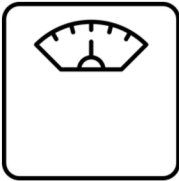
WEDNESDAY



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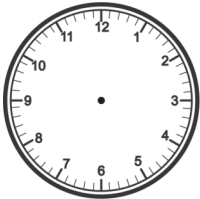
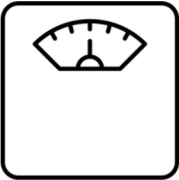
THURSDAY



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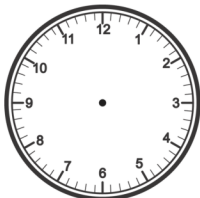
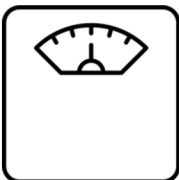
FRIDAY



NOTES

FASTING RATIO -

SATURDAY



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FASTING RATIO -

Intermittent Fasting Tracker

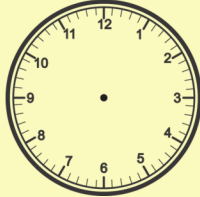
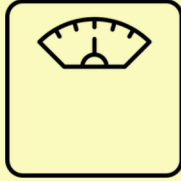
WEEK OF _____



GOALS _____



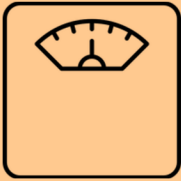
SUNDAY



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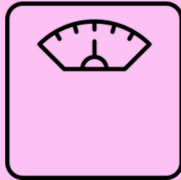
MONDAY



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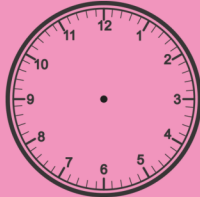
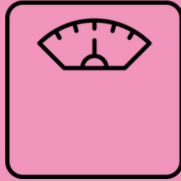
TUESDAY



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FASTING RATIO -

WEDNESDAY



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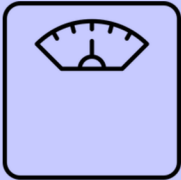
THURSDAY



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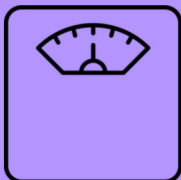
FRIDAY



NOTES

FASTING RATIO -

SATURDAY



NOTES

FASTING RATIO -

Getting Started

Welcome to the intermittent fasting lifestyle! You've made a fantastic decision in embracing this way of eating—one that comes with countless benefits. As you settle into the rhythm, you'll find yourself grateful for the time and effort you've invested in this transformative change. Just remember, intermittent fasting is a journey that becomes easier with time, and the best approach is the one that fits seamlessly into your lifestyle. This way, you'll be able to continue with this way of eating indefinitely!

Tracker Directions

- Start by setting a goal, something like: *drink more liquids and extend fasting window by 1/2 hour by the end of the week*
- Weigh yourself at least once a week—or skip it altogether if that's not your thing! For more accurate comparisons, try to weigh in on the same day and time each week.
- Extend a line from the center of the clock to the time that you start eating and finish eating each day. Darken the fasting hours slice, then count the hours that you ate within, subtract that from 24, and this gives you your fasting ratio.
Example: *You start eating at 12pm and stop food intake at 8pm. You ate within an 8-hour window, so subtracting 8 from 24 gets you 16:8 as your fasting ratio.*
- Track your calorie-free liquid intake however you prefer—marking Xs in the glasses, checking them off, shading them in fully or partially, or even noting exactly what you drank (water, tea, coffee, etc.).
- Use the notes section to jot down how you're feeling, any events or circumstances that impacted your progress, or any adjustments you'd like to make to your weekly goal. **Example:** *felt super clear-headed today; Zoom meeting went longer than planned, but it helped push my fasting window; will shoot to extend fasting window 1 hour by Saturday*

There you have it! This should be plenty to get you started. But if you'd like some extra support as you transition to this way of eating, I'd love to help! As a health coach, I specialize in guiding midlife women through intermittent fasting (though I've worked with all age groups). You can read more about my services here:

<https://fastyourcake.com/guided-support/> or feel free to reach out anytime with more specific questions at suzanne@fastyourcake.com.