

FASTING TRACKER

WEEK: 1 2 3 4 5 6 7 8 9 10

FRIDAY _____

1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	MEALS	
WATER INTAKE 	HUNGER SCALE 1 2 3 4 5 NOT HUNGRY - VERY HUNGRY	ENERGY LEVEL 1 2 3 4 5 LOW HIGH

SATURDAY _____

1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	MEALS	
WATER INTAKE 	HUNGER SCALE 1 2 3 4 5 NOT HUNGRY - VERY HUNGRY	ENERGY LEVEL 1 2 3 4 5 LOW HIGH

SUNDAY _____

1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	MEALS	
WATER INTAKE 	HUNGER SCALE 1 2 3 4 5 NOT HUNGRY - VERY HUNGRY	ENERGY LEVEL 1 2 3 4 5 LOW HIGH

MONDAY _____

1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	MEALS	
WATER INTAKE 	HUNGER SCALE 1 2 3 4 5 NOT HUNGRY - VERY HUNGRY	ENERGY LEVEL 1 2 3 4 5 LOW HIGH

TUESDAY _____

1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	MEALS	
WATER INTAKE 	HUNGER SCALE 1 2 3 4 5 NOT HUNGRY - VERY HUNGRY	ENERGY LEVEL 1 2 3 4 5 LOW HIGH

WEDNESDAY _____

1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	MEALS	
WATER INTAKE 	HUNGER SCALE 1 2 3 4 5 NOT HUNGRY - VERY HUNGRY	ENERGY LEVEL 1 2 3 4 5 LOW HIGH

THURSDAY _____

1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	MEALS	
WATER INTAKE 	HUNGER SCALE 1 2 3 4 5 NOT HUNGRY - VERY HUNGRY	ENERGY LEVEL 1 2 3 4 5 LOW HIGH