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INTERMITTENT FASTING LOG

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INTERMITTENT FASTING Week of:

Notes

☐ Skip the hours of fasting every day
☐ Fasting weekly 1x or 2 months

SUMMARY

Week	Monday	Tues	Wednes	Notes - Observations
Week	1st day			
Week	2nd day		3rd day	

INTERMITTENT FASTING LOG

	LAST FASTING	START FASTING	END FASTING	ST	Notes (Hours + 2) Start End (Hours + 2) End (Hours)
1	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
2	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
3	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
4	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
5	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
6	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
7	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
8	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
9	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
10	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	

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Week	Notes	8:00 pm	8:00 am	12	
9	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	
10	LAST FASTING	8:00 pm	8:00 am	12	
Week	Notes	8:00 pm	8:00 am	12	

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Siddappa N.Byrareddy



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