

My Goal	
Starting Weight	Goal Weight

My Weight Tracking			
Week#1	Week#2	Week#3	Week#4

(Month) 16:8 Intermittent Fasting Tracking Sheet (Week#1)							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Start eating at							
Time since previous meal							
End eating at							
Total time feasting							
What I eat							
What I drink							
Star Ratings							
How I feel							

(Month) 16:8 Intermittent Fasting Tracking Sheet (Week#2)

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Start eating at							
Time since previous meal							
End eating at							
Total time feasting							
What I eat							
What I drink							
Star Ratings							
How I feel							

(Month) 16:8 Intermittent Fasting Tracking Sheet (Week#3)

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Start eating at							
Time since previous meal							
End eating at							
Total time feasting							
What I eat							
What I drink							
Star Ratings							
How I feel							

(Month) 16:8 Intermittent Fasting Tracking Sheet (Week#4)

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Start eating at							
Time since previous meal							
End eating at							
Total time feasting							
What I eat							
What I drink							
Star Ratings							
How I feel							