Intermittent Fasting Tracker Printable Free: 14-Day Log

Free printable. Full guide and tips: https://betterlifecarez.com/intermittent-fasting-tracker-printable-free/

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How to Fill In Your Fasting Log

- Date: write the day or date for each row.
- Started: the time you finished your last bite or caloric drink.
- Broke Fast: the time of your first meal the next day.
- Hours: count the gap and round to the nearest half hour.
- First Meal: a few words on what you ate.
- Energy 1-5: 1 means dragging, 5 means feeling great.

Week 1 Fasting Log

Date	Started	Broke Fast	Hours	First Meal	Energy 1-5
Monday	*8:00 PM Sunday*	*10:00 AM*	*14*	*Eggs, toast, berries*	*4*
Day 2	_____	_____	_____	_____	_____
Day 3	_____	_____	_____	_____	_____
Day 4	_____	_____	_____	_____	_____
Day 5	_____	_____	_____	_____	_____
Day 6	_____	_____	_____	_____	_____
Day 7	_____	_____	_____	_____	_____
Day 8	_____	_____	_____	_____	_____

Week 2 Fasting Log

Date	Started	Broke Fast	Hours	First Meal	Energy 1-5
Day 9	_____	_____	_____	_____	_____
Day 10	_____	_____	_____	_____	_____
Day 11	_____	_____	_____	_____	_____
Day 12	_____	_____	_____	_____	_____
Day 13	_____	_____	_____	_____	_____
Day 14	_____	_____	_____	_____	_____
Day 15	_____	_____	_____	_____	_____

Weekly Check-In

Question	Week 1	Week 2
Days I hit my window	_____	_____
Average hours fasted	_____	_____
Sleep quality 1-5	_____	_____
Drank water most days?	_____	_____
Hardest moment	_____	_____
One thing to change	_____	_____

Keep this sheet on the fridge or beside the coffee maker. Logging becomes automatic once the pen is where you already are.