

INTERMITTENT FASTING PLANNING

HOW LONG WILL YOU FAST:

- 8 hours
- 13 hours
- 16 hours
- Others _____

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

YOUR FASTING WINDOW(S)

YOUR EATING WINDOW(S)

WHAT WILL YOU EAT?