Free Printable

Intermittent Fasting Tracker

Daily fasting window start and end times with hours fasted and a monthly streak count

Inside this PDF
Fasting window start and end times for every day
Hours fasted and a monthly streak count
Your fasting plan page - pick 16:8, 18:6, 20:4 or your own
Prints on Letter or A4 - free for personal use

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Intermittent Fasting Tracker - Month 1

Month: _____ Year: _____

Write the time your fast started and ended. Hours fasted = end time minus start time. Tick the Streak box on every day you finished your planned fast.

Date	Fast start	Fast end	Hours fasted	Streak	Notes
1					
2					
3					
4					
5					
6					
7					
8					
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12					
13					
14					
15					
16					
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23					
24					
25					
26					
27					
28					
29					
30					
31					

Days fasted this month: _____ / 31 Longest streak: _____ days

Intermittent Fasting Tracker - Month 2

Month: _____ Year: _____

Write the time your fast started and ended. Hours fasted = end time minus start time. Tick the Streak box on every day you finished your planned fast.

Date	Fast start	Fast end	Hours fasted	Streak	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
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27					
28					
29					
30					
31					

Days fasted this month: _____ / 31 Longest streak: _____ days

Intermittent Fasting Tracker - Month 3

Month: _____ Year: _____

Write the time your fast started and ended. Hours fasted = end time minus start time. Tick the Streak box on every day you finished your planned fast.

Date	Fast start	Fast end	Hours fasted	Streak	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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22					
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24					
25					
26					
27					
28					
29					
30					
31					

Days fasted this month: _____ / 31 Longest streak: _____ days

My Fasting Plan

Tick your plan, then write the times you will fast each day.

Plan	Fast	Eat	My times
16:8	16 hours	8 hours	
18:6	18 hours	6 hours	
20:4	20 hours	4 hours	
5:2	2 days a week	5 days a week	
OMAD	23 hours	1 meal	
My own			

My fasting rules
