

### Intermittent Fasting Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

ABSOLUTELY NO SNACKING AND EATING AFTER 6 PM / DINNER

Starting Weight \_\_\_\_\_ Date Created \_\_\_\_\_