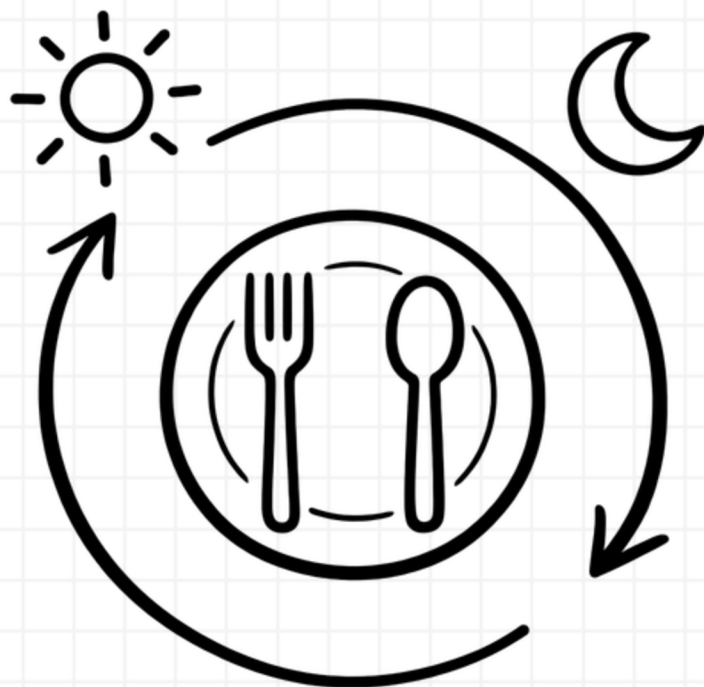




INTERMITTENT FASTING

planner

*"Fasting is the greatest remedy—the
physician within."*

- Paracelsus

what is intermittent fasting?

Let's keep this simple—intermittent fasting (IF) is just an eating schedule. It's not about cutting out foods, counting every calorie, or stressing over what's on your plate. Instead, IF is about when you eat, giving your body planned breaks from food.

So, How Does It Work?

Think of it like this:

- You have a fasting window (when you're not eating).
- You have an eating window (when you enjoy your meals).

That's it! No magic, no extreme rules—just a rhythm that works for you.

Why Do People Try IF?

- ✨ More energy & focus
- ✨ Less mindless snacking
- ✨ Supports digestion & metabolism
- ✨ Helps with weight balance (without strict diets)
- ✨ Gives your body time to reset

Popular IF Schedules (Pick What Feels Right!)

- ✓ **16:8** → Fast for 16 hours, eat within an 8-hour window
- ✓ **18:6** → A bit longer fasting, 6-hour eating window
- ✓ **OMAD (One Meal a Day)** → One big meal, that's it!
- ✓ **12:12** → A simple beginner-friendly balance

The #1 Rule? Make It Work for YOU.

This isn't about perfection. Some days will be easy, some won't. Listen to your body, stay flexible, and find what fits your lifestyle! 💛

get to know me time!



Hello! My name is...

Nickname

Age

Address

Birthday

Zodiac Sign

My Hobbies are...

Fun Facts About Me

My Favorite ...

Color:

Food:

Pet:

Song:

Movie:

My Motto in Life

why am i trying this?



Intermittent fasting isn't just about the scale—it's about feeling good, having more energy, and building a routine that fits your life. Before starting, take a moment to reflect on your personal WHY.

What's motivating you to try IF?

- ♦ More energy throughout the day?
- ♦ Better digestion?
- ♦ Something else?
- ♦ A healthier relationship with food?
- ♦ More structure in your eating habits?

What's your main reason for starting IF? How do you hope to feel?

📌 My Why for IF:







Think about the benefits you're looking forward to. More focus? Less snacking? A sense of control over your habits?

📌 I'm excited to...

What might be a challenge? How will you handle it?

🚧 Maybe social events, cravings, or adjusting to a new routine? Planning ahead helps!







my starting point

Before diving into intermittent fasting, let's take a moment to record where you are right now. This isn't about numbers—it's about tracking progress in a way that feels right for YOU.

My Current Stats

Start Date: _____

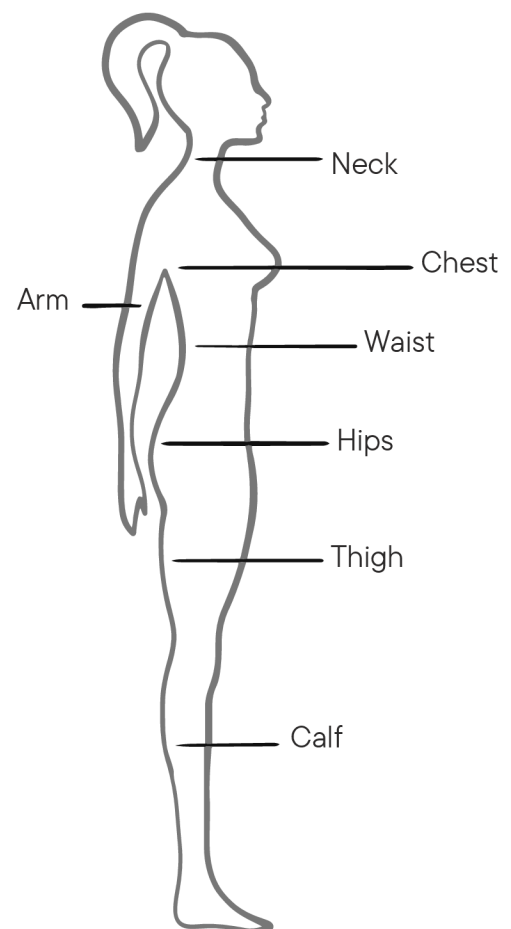
How do I feel right now?

- Energy Levels (1-10): _____
- Sleep Quality (1-10): _____
- Mood Check-in (1-10): _____



Current Weight:

Chest
Right Arm
Left Arm
Waist
Hips
Right Thigh
Left Thigh
Right Calf
Left Calf



finding my IF style



Intermittent fasting (IF) isn't one-size-fits-all. The best approach is the one that fits your lifestyle and feels sustainable. Below are some common IF styles—circle, highlight, or write about the one that feels right for you!

16:8

Fast for 16 hours, eat within an 8-hour window. (Example: Eat between 12 PM – 8 PM, fast the rest.)

18:6

A slightly longer fast with a 6-hour eating window. (Example: Eat between 1 PM – 7 PM.)

20:4

Also called the Warrior Diet, with a 4-hour eating window. (Example: Eat between 2 PM – 6 PM.)

OMAD

(One Meal a Day)
A single, nutrient-packed meal each day.

5:2

Eat normally 5 days a week, then limit calories (500-600) on 2 non-consecutive days.

Flexible Fasting

No strict timing, just mindful fasting when it fits your day.

Which One Feels Right for Me?

The IF schedule I'm choosing: _____

Why this schedule works for me:

What time do I want to start eating?

How will I make sure I eat enough nutrients?

IF myths and mistakes i'll avoid

Intermittent fasting (IF) comes with a lot of myths and common mistakes. Let's clear things up so you can focus on what actually works for you!



MYTH

"Fasting means starving myself."

"I can eat anything as long as it's in my eating window."

"The longer I fast, the better."

"If I break my fast early, I failed."

TRUTH



Fasting is about giving your body a break, not depriving it. You should still eat enough during your eating window!

While there's no strict diet, nourishing your body with whole, balanced foods helps you feel energized and satisfied.

Longer isn't always better. IF is about consistency, not extremes. Find a fasting window that fits your lifestyle.

Life happens! One meal or one day doesn't ruin your progress. Listen to your body and adjust as needed.

Common Mistakes to Avoid



Not drinking enough water



Jumping into a long fast too quickly



Ignoring your hunger cues



Overeating in your eating window



Being too hard on yourself



Not getting enough sleep

What's one myth or mistake I want to remind myself
NOT to fall for?

*IF isn't about rules—it's about
what makes YOU feel good.*

*Be patient, experiment, and give
yourself grace along the way!*

daily intermittent fasting log

Some days will feel easy, and others might be a challenge—that's totally normal. This log isn't about being perfect; it's about noticing patterns, celebrating small wins, and making adjustments that work for you.

Date: _____

🕒 Fasting Start Time: _____

🕒 Fasting End Time: _____

🍷 Eating Window Start: _____

🍷 Eating Window End: _____

Meals I Ate Today (No Judgment! Just Keeping It Real)



🕒 Meal 1



🕒 Meal 3



🕒 Meal 2



🕒 Meal 4

How I Felt Today

Energy

🟡 😊 Great!

🟡 😐 Okay

🟡 😞 Struggled

Mood

🟡 😊 Great!

🟡 😐 Okay

🟡 😞 Struggled

Hunger Levels

🟡 😊 Great!

🟡 😐 Okay

🟡 😞 Struggled

One Thing That Went Well

One Thing I'll Do Differently Tomorrow

the “oh no, i’m hungry!” plan

Cravings Happen—Here’s What to Do Instead!

Sometimes hunger is real, and sometimes it's just boredom, habit, or emotions talking. Before you break your fast, try these distraction tricks:

Reset Your Body

- ☕ Drink something warm (tea, black coffee, or flavored water)
- 🚶 Take a short walk or stretch
- 🚿 Take a shower or wash your face

Trick Your Mind

- 📖 Read a book or listen to a podcast
- 🎮 Play a game or do a puzzle
- 📝 Journal how you’re feeling—hunger might be something else in disguise

Keep Your Hands Busy

- 🎨 Draw, color, or doodle
- 🔧 Do a small craft or DIY project
- 🧹 Tidy up a small area (clean space, clear mind!)

Check In With Yourself

- 💭 Am I actually hungry or just bored?
- 😴 Did I sleep enough? (Tiredness = fake hunger!)
- 😌 Will I feel better if I wait 10 more minutes?

🚀 Pro Tip: The craving will pass. Fast forward 30 minutes—how do you want to feel? Stay strong, you got this!

What usually triggers my hunger outside of actual mealtime—boredom, stress, habit?

hunger and cravings tracker



Not all hunger is real hunger! Use this tracker to notice patterns, understand your cravings, and find better ways to handle them.

Date	What I Craved	Real Hunger or Just a Craving?	Trigger (Bored, Stressed, Habit, etc.)

water and hydration tracker



Let's be honest, we all need this reminder! Staying hydrated helps with energy, focus, and even curbing cravings. Track your daily water intake below!

Date	Morning	Afternoon	Evening	Goal Met?
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite
	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● 1 ● 2 ● 3	● Yes ● Almost ● Not quite

weekly IF meal planner



Mapping out your meals helps you stay on track, avoid last-minute decisions, and make sure you're fueling your body right. Use this space to plan meals you'll actually enjoy—because IF isn't just about when you eat, but what you eat too!

 Week of: _____

Day	First Meal	Midday Meal	Last Meal	Snacks (if needed)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

grocery list for success



Planning ahead makes intermittent fasting easier and helps you stock up on foods that fuel your body. Use this space to list out what you need for the week, so you're not left making last-minute choices that don't support your goals.

Fruits & Vegetables	Price
●	
●	
●	
●	

Meat & Poultry	Price
●	
●	
●	
●	

Whole Grains & Complex Carbs	Price
●	
●	
●	
●	

Fish & Frozen foods	Price
●	
●	
●	
●	

Hydration & Beverages	Price
●	
●	
●	
●	

Oil & Others	Price
●	
●	
●	
●	

my “break the fast” favorites

Breaking your fast the right way can make a huge difference in how you feel. Some meals leave you energized and satisfied, while others might make you sluggish or bloated. Use this space to list the go-to foods that help you feel your best after fasting.

My Favorite Break-the-Fast Meals:

01

02

03

04

05

06

What Makes Me Feel Good?

- ☐ High-protein meals (eggs, chicken, tofu, etc.)
- ☐ Warm & comforting (soups, oatmeal, stews)
- ☐ Healthy fats (avocado, olive oil, nuts)
- ☐ Balanced with fiber & carbs (whole grains, veggies)
- ☐ Light & refreshing (fruits, yogurt, smoothies)

Foods That Don't Sit Well After Fasting:

☐	_____	☐	_____
☐	_____	☐	_____
☐	_____	☐	_____

How does my body feel after eating different foods?

Are there any meals that leave me feeling tired or bloated?



quick and easy IF meal planner

This meal planner simplifies your week, focusing on meals that support your intermittent fasting routine while keeping things stress-free in the kitchen.

Meal 1

Meal Idea:

Ingredients:

Prep Time: minutes

Notes

Meal 2

Meal Idea:

Ingredients:

Prep Time: minutes

Notes

Meal 3

Meal Idea:

Ingredients:

Prep Time: minutes

Notes

Meal 4

Meal Idea:

Ingredients:

Prep Time: minutes

Notes

the “oops, i overate” page

Overeating happens. It doesn't mean you failed—it just means you're human. Instead of beating yourself up, let's turn this into a learning moment. What happened, how did it feel, and what can you do differently next time?

What did you eat? (No judgment!)

When did it happen? (Late night? After stress? During a social event?)

What were you feeling before you ate? (Hungry, bored, emotional, distracted?)

How Did It Make You Feel?

- ☐ 😊 Satisfied
- ☐ 🤢 Overstuffed
- ☐ 😞 Tired/sluggish
- ☐ 😞 Guilty
- ☐ 😞 Other:

Was I actually hungry, or was something else going on?

Remember

One meal doesn't define you. Every moment is a new chance to listen to your body and move forward with kindness.

How could I approach this differently next time?

stress and fasting



Stress can make fasting feel way harder. Maybe you're extra hungry, craving comfort foods, or just feeling off. Instead of ignoring it, let's check in with what's really going on.

What's Stressing Me Out Today?

- ☐ Work / School
- ☐ Relationships
- ☐ Lack of Sleep
- ☐ Feeling Overwhelmed
- ☐ Other:

What happened?

How Did It Affect My Fasting?

- ☐ I felt more hungry than usual
- ☐ I broke my fast earlier than planned
- ☐ I craved certain foods (list them here!):
- ☐ No change—I handled it well!
- ☐ Other:

What is one small way I can manage stress without turning to food?

What Helped (or Could Help) Me Cope?

- ☐ Taking deep breaths or meditating
- ☐ Drinking water or tea
- ☐ Going for a walk
- ☐ Journaling my thoughts
- ☐ Talking to someone I trust
- ☐ Other:



Reminder:

Stress is temporary, but how we respond to it matters. Be gentle with yourself—tomorrow is a fresh start.

fasting and exercise planner



Working out while fasting? It's all about finding what works for YOU. Some people feel energized exercising in a fasted state, while others prefer eating first. This planner helps you track how different workouts feel so you can create a routine that fits your energy levels and goals!

Date	Workout Type	Workout Time (mins)	Energy Level Before	Energy Level After
			😊 😊 😓	😊 😊 😊 😓
			😊 😊 😓	😊 😊 😊 😓
			😊 😊 😓	😊 😊 😊 😓
			😊 😊 😓	😊 😊 😊 😓
			😊 😊 😓	😊 😊 😊 😓
			😊 😊 😓	😊 😊 😊 😓
			😊 😊 😓	😊 😊 😊 😓
			😊 😊 😓	😊 😊 😊 😓
			😊 😊 😓	😊 😊 😊 😓
			😊 😊 😓	😊 😊 😊 😓

monthly weigh-in tracker



Stepping on the scale is just one piece of the puzzle. This check-in is about celebrating progress, noticing changes (big or small), and adjusting as needed. Some months will show physical changes, while others may bring mental wins—and both count.

January My Weight  Date:	February My Weight  Date:	March My Weight  Date:
April My Weight  Date:	May My Weight  Date:	June My Weight  Date:
July My Weight  Date:	August My Weight  Date:	September My Weight  Date:
October My Weight  Date:	November My Weight  Date:	December My Weight  Date:

experimenting with macros



Curious about how different foods make you feel? Tracking your macros—carbs, fats, and protein—can help you see what fuels your body best. No pressure, no perfection—just an experiment!

Date	Meal	Carbs (g)	Fats (g)	Protein (g)	How I Felt After

my fasting affirmations

A little encouragement goes a long way! Use this space to write down affirmations that keep you motivated, patient, and kind to yourself during your fasting journey.



"I am in control of my body and my habits."



"Every hour I fast, I am giving my body time to reset and heal."



"I am stronger than my cravings."



"Fasting is my choice, and I am proud of my progress."



"I listen to my body and give it what it truly needs."



"I choose nourishment, not just eating out of habit."

My Personal Fasting Affirmations

(Write your own below!)



my fasting wins



Intermittent fasting isn't just about losing weight—it's about all the positive changes happening inside and out. This Fasting Wins Planner is designed to help you reflect on and celebrate the non-scale victories that come with your journey.

Physical Wins:

Example: Less bloating, feeling more energized, clothes fitting better





Mental & Emotional Wins:

Example: More focus, reduced stress around food, better sleep





Mindset & Behavior Wins:

Example: Stuck to my fasting window, didn't give in to cravings





Next Week's Goals:

1-2 Small Wins I Want to Focus On Next Week:

Example: Try fasting for an additional hour, drink more water during fasting hours

What mental change do you want to make? Maybe it's embracing patience or being kinder to yourself.

progress pics page



Tracking your progress with photos is one of the most powerful ways to visually document your transformation. This page is dedicated to capturing those moments and seeing the real changes that happen over time.

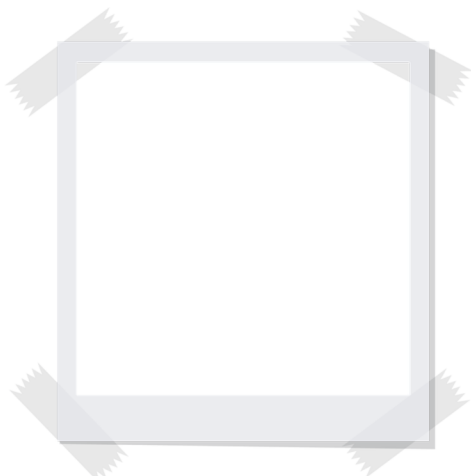


Photo 1: Before Starting

Date Taken: _____

Notes / Feelings:

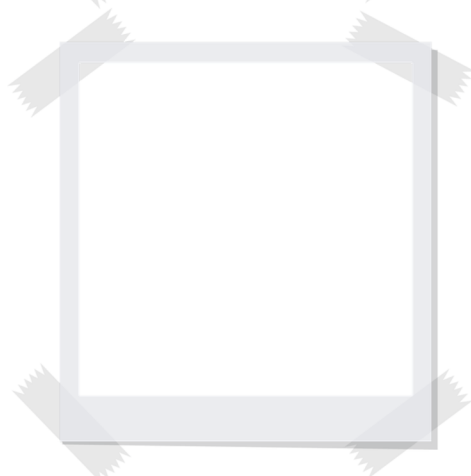


Photo 2: _____ Weeks/Months In

Date Taken: _____

Notes / Feelings:

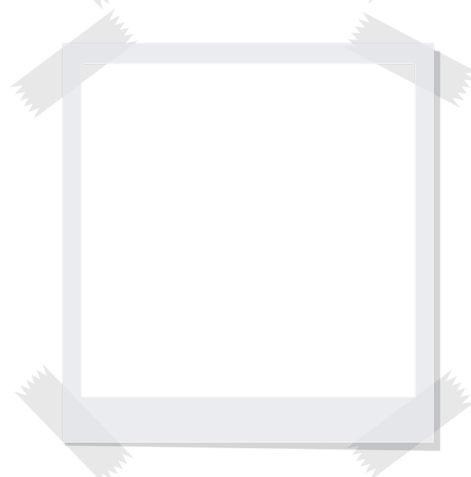


Photo 3: _____ Weeks/Months In

Date Taken: _____

Notes / Feelings:

weekly planner



By planning your week, you can prioritize important tasks and maintain a balanced approach to achieving your objectives.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

monthly planner



By planning your month, you can prioritize important tasks and maintain a balanced approach to achieving your objectives.

Month:

Sun	Mon	Tue	Wed	Thu	Fri	Sat

final reflection



As you wrap up your journey with this planner, it's time to take a step back and reflect on your experiences.

How has intermittent fasting impacted my overall health and wellness?

How has my relationship with food changed since starting intermittent fasting?

How has fasting affected my daily routine and productivity levels?

What are my next steps or goals now that I've reached this point in my fasting journey?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.