

Fasting Progress Check-In Commitment Sheet

Name

Date

Fasting Start Time

Fasting End Time

Fasting Method

Daily Check-In

Date	Scheduled Fasting Hours	Actual Fasting Hours	Energy Level	Notes
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Reflection / Commitment Statement

Signature

Date

