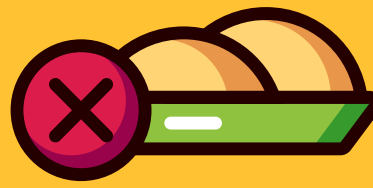


Month: _____



FASTING

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|---|---|---|---|---|
| <input type="checkbox"/> EAT FOR 8 TO 12 HOURS | <input type="checkbox"/> DONT EAT FOR 12 TO 16 HOURS | <input type="checkbox"/> DONT EAT FOR 24 HOURS 2X WEEKLY | <input type="checkbox"/> STAY BUSY | <input type="checkbox"/> DRINK WATER | <input type="checkbox"/> AVOID HIGH CARBS BEFORE BEGINNING | <input type="checkbox"/> EAT NORMAL SIZE MEALS |
| <input type="checkbox"/> WEIGHT-LOSS | <input type="checkbox"/> IMPROVED BLOOD SUGAR | <input type="checkbox"/> DECREASE INFLAMMATION | <input type="checkbox"/> HEART HEALTH | <input type="checkbox"/> PROTECTS FROM CANCER | <input type="checkbox"/> BOOST BRAIN FUNCTION | <input type="checkbox"/> INCREASE GROWTH HORMONE |
| <input type="checkbox"/> PRACTICED THROUGHOUT EVOLUTION | <input type="checkbox"/> MORE NATURAL THAN EATING 3 TIMES A DAY | <input type="checkbox"/> IN MOST RELIGIOUS PRACTICES | <input type="checkbox"/> HELPS REPAIR CELLS | <input type="checkbox"/> INCREASE METOBOLIC RATE | <input type="checkbox"/> EXTENDS LIFE | <input type="checkbox"/> MANAGES APPETITE |
| <input type="checkbox"/> WORKS WITH OTHER DIETS | <input type="checkbox"/> SIMPLI STIC | <input type="checkbox"/> BURNS FAT | <input type="checkbox"/> ALTERNATE DAY FASTING | <input type="checkbox"/> EXTRA TIME FOR PRAYER OR MEDITATION | <input type="checkbox"/> LOWERS RISK FOR OBESITY | <input type="checkbox"/> INCREASES ATHLETIC FUNCTION |
| <input type="checkbox"/> REDUCES BLOOD PRESSURE | <input type="checkbox"/> LOWERED CHOLESTEROL | <input type="checkbox"/> LOWERS RISK OF HEART ISSUES | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |