

14. Level 2/3 Fasting Weekly Tracker

Suggested Fasting Schedule

- 1.No snacks after dinner the night every day.
2. **Level 2:** Skip breakfast or
3. **Level 3:** Skip breakfast & Lunch
4. On 1 or 2 non-consecutive days a week.
5. The 2 fasting days should be 2/3 days apart.
6. IMPORTANT: Hydrate well and get enough protein for your sex, age, & weight at each meal you eat.

Examples

Skip Breakfast or Breakfast & Lunch on Mondays or Mondays & Fridays.

[calculator.net/protein calculator](http://calculator.net/protein-calculator)

WEEK # / DATE / LEVEL	MON	TUE	WED	THU	FRI	SAT	SUN
EX 1. 12/29, L. 2	☒	☐	☐	☐	☒	☐	☐
1.	☐	☐	☐	☐	☐	☐	☐
2.	☐	☐	☐	☐	☐	☐	☐
3.	☐	☐	☐	☐	☐	☐	☐
4.	☐	☐	☐	☐	☐	☐	☐
5.	☐	☐	☐	☐	☐	☐	☐
6.	☐	☐	☐	☐	☐	☐	☐
7.	☐	☐	☐	☐	☐	☐	☐
8.	☐	☐	☐	☐	☐	☐	☐
9.	☐	☐	☐	☐	☐	☐	☐
10.	☐	☐	☐	☐	☐	☐	☐
11.	☐	☐	☐	☐	☐	☐	☐
12.	☐	☐	☐	☐	☐	☐	☐
13.	☐	☐	☐	☐	☐	☐	☐
14.	☐	☐	☐	☐	☐	☐	☐
15.	☐	☐	☐	☐	☐	☐	☐
16.	☐	☐	☐	☐	☐	☐	☐

From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity**

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.