

FASTING TRACKER

Intermittent Fasting Tracker

Week of:

| Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|--------|---------|-----------|----------|--------|----------|--------|
| 12 PM | | | | | | | |
| 1 PM | | | | | | | |
| 2 PM | | | | | | | |
| 3 PM | | | | | | | |
| 4 PM | | | | | | | |
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| 9 PM | | | | | | | |
| 10 PM | | | | | | | |
| 11 PM | | | | | | | |
| 12 AM | | | | | | | |
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| 10 AM | | | | | | | |
| 11 AM | | | | | | | |
| FASTED: | | | | | | | |
| FED: | | | | | | | |

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Planner Intermittent Fasting

Anne DuBois



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web ci svela come scoprire da uno sguardo o un sorriso se il nostro interlocutore è annoiato o interessato se mente o è sincero se è triste o preoccupato o se nasconde qualche segreto dietro il fremito di una ruga per capire meglio il prossimo e noi stessi e costruire rapporti personali e professionali soddisfacenti