

FASTING JOURNAL

FASTING
MADE
SIMPLE.



ingredientologist

“Fasting today makes the food good tomorrow.”

—German proverb

Whether you're new to fasting or are already experienced, this fasting journal will help you navigate your fast. It is laid out so that you can customize it to your unique fasting goals. If you're only just being introduced to fasting, then sticking to a more basic version of intermittent fasting may be the best way to begin. For example, sticking to a 12 hour fasting window with a 12 hour eating window, and progressing towards a 16 hour fasting window. If you're confident that you can fast for more than 24 hours then try an extended fast. This could be anywhere between 24 hours and 96 hours, but, remember to work your way up towards longer fasts gradually, adding more hours only once you're confident with how your body responds during a fast.

Key Points

- ***Gather a group of friends and family to fast with.*** Rally together and hold each other accountable!
- ***Record your progress.*** Keep a fasting diary so that each time you fast, you can track how you feel, what you ate/drank and when.
- ***Drink enough water to stay hydrated and add electrolytes.*** Simply add salt to your water.
- ***Your diet should be whole foods-based, low glycemic and unprocessed.*** Eating sugary, processed foods will make fasting much harder and negate the benefits.
- ***Only exercise if you're feeling good and keep it low intensity.*** Be cautious; fasting is already a stress to your body and exercising adds an additional stress on top of that.
- ***When breaking your fast, start with a small and low glycemic snack*** – nuts, an avocado, berries or bone broth are good options – before having a larger meal.
- ***Reflect on your experience.*** Notice how you're still alive and feeling good! This also helps you gauge the duration of your next fast.



Important: Should you have any pre-existing medical conditions, or a history of any eating disorders, please consult your medical doctor before starting any sort of fasting protocol.

Tools & Techniques

Progress Tracking

To keep track of the number of hours you plan to fast for, use a fasting tracking app. [Life Fasting app](#) is great as it has the feature to create a 'fasting circle' where you can create a group of friends to join you. Download the app and join a circle to fast with hundreds of other people on the same journey! Another useful app, [Zero](#), is a good fasting tracker.

Fasting is a great way to tap into your fat stores for energy. You'll know you have done this when you begin to feel energized, feel your mood improve and your focus becomes razor sharp. This is because your brain is using ketones for fuel. To track my ketone levels I use the [Keto Coach](#) ketone monitor. Don't get caught up if your ketone levels aren't as high as you'd expect them to be. There are many factors that influence their production such as sleep, stress, fitness levels and your diet, so your values may vary!

Journaling

Use any form of journaling that you feel is best. I often use a *free flow* approach, where I simply put my mind on paper, no limits, restrictions or expectations. This really helps to clear my thoughts and have clarity for the day ahead. I finish off with writing 3 things that I am grateful for. You could use a plain journal, but some I like are:

- » [The Five-Minute Journal](#)
- » [The Perfect Day Formula](#)
- » [The Five-Second Journal](#)

Meditation

Meditation has multiple benefits, much like fasting does, but the reason it can be useful while you're on a fast is to lower your stress levels, and to become in-tune with your body – how it is feeling and reacting during the fasting process. Having a sense of your mental state, your energy levels, your mood and your physical symptoms are all important components here. Fasting is a mental challenge, and so controlling your mind could make or break your fast. Another reason meditation is useful is that you can envision yourself succeeding. See yourself being productive, full of energy and feeling confident during the next couple of days or hours of the fast. See yourself at the end, about to tuck into that first longed-for meal! Some meditation apps I've used are:

- » [Headspace](#)
- » [Waking Up](#)
- » [Calm](#)

Supplements

There are some opinions out there about what supplements are acceptable to take during a fast. Ultimately, the most important thing to remember is to not have any artificially sweetened, caloric supplements. Look at the ingredients carefully and make sure they are low or no-calorie. It comes down to personal preference, and perhaps, approach a fast with an open mind, and try certain supplements if it makes it easier for you, and adjust or remove them for future fasts. There are a few supplements that you could consider during fasting*:

- » C8 MCT Oil
- » Exogenous Ketones (Na-BHB salts are best)
- » Electrolytes (add salt in your water, and magnesium)
- » Apple Cider Vinegar
- » Other considerations:
 - *Exercise:* BCAA or EEA – if you're considering working out
 - *Sleep:* Magnesium, L-Theanine, Melatonin – if you struggle to sleep whilst fasting
 - *Detoxification:* Curcumin, N-Acetylcysteine, liposomal glutathione

*Check out my [blog](#) post on fasting supplements for more detail on these.

Liquids/Beverages

For intermittent fasting and caloric liquid fasting, some low-caloric, low-sugar beverages are allowed. These can certainly help you get through a fast a little easier. A common mistake people make is overconsuming beverages or adding too much fat into their drinks – often the case with bulletproof coffee – where they end up having too many calories overall. This slows down the benefits of the fast, and you're likely not going to feel as good. Low-calorie drinks you could consider:

- » Water (filtered, added salt)
- » Black coffee
- » Tea
- » Fat coffee – blend C8 MCT Oil with coffee (or tea)
- » Bone Broth
- » Vegetable smoothie (low carb leafy green vegetables, coconut, and avocado)

This is *YOUR* journey!

There is so much controversy out there about '*what breaks a fast?*' But, the whole point of a fast is that you experience your own unique journey so that by the end of it, you can have control over your mind, your body and your relationship with food. There is no right or wrong way to do this.

There are voices out there bombarding us with negative feedback on what to do and what not to do on a fast, whilst forgetting the true positive intention of fasting! This is because everyone fasts for different purposes, and to achieve different results. So,

whether it's **muscle gain, weight loss, hormonal balance, gut health, longevity** or just **self-discipline** you're after; do what feels right for *you*.

Take Action

Below is a fasting journal that you can fill out each day. This will help you stay focused, keep track of your progress and make the fasting process a whole lot easier. So, if you're fasting for 24 hours or more, print out this guide and follow the steps each day of your fast. You can hold on to these for reference before doing future fasts so that you know how your body responded during the fast. For example, you may realize that having green tea really helped suppress your hunger, or that a certain magnesium supplement took away your headaches.

"Everyone can perform magic, everyone can reach his goals, if he is able to think, if he is able to wait, if he is able to fast."

—Hermann Hesse, Author of "Siddhartha"



FASTING JOURNAL

Fasting type:

Fasting duration:

Date:

My tribe:

My intentions for this fast:

Routines can help set you up for a successful day. By accomplishing a few simple tasks in the morning, you set a tone of productivity and success for the rest of the day. If you already have your own morning or evening routine set up already, simply add parts of these to your own ones.

Morning Routine

It is important to do this first thing in the morning; before you begin working or starting the day's activities. This will position you mentally for the day. The walk is especially important as it will help you to mobilize your fat stores to be used for energy and take away the hunger pangs – you can burn more fat, but also feel energized!

Evening Routine

You can do this as a group with your friends/family, at the end of the day, as you are winding down after the day's activities. Take this time to reflect on your progress and your current mental and physical state. As the fast progresses, you should be entering a deeper state of self-actualization.

"Fasting is the greatest remedy, the physician within."

—Philip Paracelsus, Father of Toxicology

DAY 1

Morning Routine

→ Journal for 10 minutes.

I am grateful for:

- _____
- _____
- _____

How my energy levels feel this morning:

- Meditate for 10 minutes.
- Take a 30-minute walk outside.
- Send a friend in your fasting tribe a motivational message.

Evening Routine

- Take a 30-minute walk outside.
- Track your progress:

How my energy levels felt today:

I had these supplements & drank this:

How I feel about the next day:

- Meditate for 10 minutes.
- Send a friend in your fasting tribe a motivational message.

DAY 2

Morning Routine

→ Journal for 10 minutes.

I am grateful for:

- _____
- _____
- _____

How my energy levels feel this morning:

- Meditate for 10 minutes.
- Take a 30-minute walk outside.
- Send a friend in your fasting tribe a motivational message.

Evening Routine

- Take a 30-minute walk outside.
- Track your progress:

How my energy levels felt today:

I had these supplements & drank this:

How I feel about the next day:

- Meditate for 10 minutes.
- Send a friend in your fasting tribe a motivational message.

DAY 3

Morning Routine

→ Journal for 10 minutes.

I am grateful for:

- ☐ _____
- ☐ _____
- ☐ _____

How my energy levels feel this morning:

→ Meditate for 10 minutes.

→ Take a 30-minute walk outside.

→ Send a friend in your fasting tribe a motivational message.

Evening Routine

→ Take a 30-minute walk outside.

→ Track your progress:

How my energy levels felt today:

I had these supplements & drank this:

How I feel about the next day:

→ Meditate for 10 minutes.

→ Send a friend in your fasting tribe a motivational message.

*Feel free to use this page to print several times for extended fasting days.

DAY

Morning Routine

→ Journal for 10 minutes.

I am grateful for:

- _____
- _____
- _____

How my energy levels feel this morning:

- Meditate for 10 minutes.
- Take a 30-minute walk outside.
- Send a friend in your fasting tribe a motivational message.

Evening Routine

- Take a 30-minute walk outside.
- Track your progress:

How my energy levels felt today:

I had these supplements & drank this:

How I feel about the next day:

- Meditate for 10 minutes.
- Send a friend in your fasting tribe a motivational message.

Congratulations!

Well done on completing your fast! I am sure that you cannot wait to dive into your first meal – I can't! But, the secret about fasting is that although it has a host of benefits, a lot of them actually occur during the refeeding period. So, executing this appropriately is important. You have gotten this far; don't lose control now.

How to refeed:

Your body has not had to digest any food for a while now, and your digestive system is somewhat turned down. To stimulate your digestive system, slowly re-introduce whole foods, by having a small, easily digestible and low sugar meal. This will stimulate digestive enzymes again in preparation for a larger meal. Good options for meals to break a fast are:

- A cup of bone broth
- A handful of nuts & fresh berries
- A smoothie/juice (w/low carb fruit & veg)
- A small bowl of steamed/roasted vegetables

The key is to avoid any processed, sugary and high carb foods – these are likely to cause an inflammatory response in your gut -- as well as meals that are very high in protein and fat as these are more difficult to digest.

You can also use digestive aids, like bitters, lemon water, apple cider vinegar or digestive enzymes prior to your first meal. When you do eat, eat slowly and don't overindulge. If you do, your body won't thank you.

General rules:

- Don't overindulge
 - Use digestifs
 - Avoid processed, sugary foods
 - Eat slowly
-

If you're looking for more information on nutrition and supplements, please consider visiting my website where I share my most recent articles.

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