72HOURFAST.CO

My Fasting Journal

the companion to the book

Track it, learn it, enjoy it — three days at a time, or sixteen hours at a time, or however your life actually runs.

Greg Connor

DAILY · WEEKLY · MONTHLY TRACKER

Dear Reader,

So you've got the book, and now you've got the journal. Good. The two were always meant to travel together — the book is *what to do*, and this is *what you actually did, and what you learnt from it*. Fasting in plain English, from someone who's actually done it — and now, a place to make it yours.

Here's the thing I said in the book and will happily say again: *one of the strongest predictors of whether someone sticks with fasting and gets the benefits is whether they write down what they're doing.* Not for the discipline. For the learning. Your first 24 will teach you what time your hunger waves hit. Your first 72 will teach you exactly what to break a long fast on (the lesson is usually painful and remembered for life). All of that is yours to keep — but only if you write it down at the time.

Six months from now you will not remember whether the magnesium-before-bed made the difference, or whether the second coffee at 10 made the third at 11 a mistake. The journal remembers. That's its whole job.

I've scattered a soundbite from the book on every spread to keep the principles close while you fast, dropped in little education cards where they help, and given the milestones — your First 24, 36, 48 and 72 — pages of their own, because those days matter and you'll want to look back on them.

Don't make it precious. Scribble in it. Spill tea on it. Cross things out. A used, battered, honest journal is worth ten pristine ones.

Right. Let's go. — Greg x

> *"The point is the writing, not the binding. Especially the bits you think you'll remember."*
>
> FROM THE BOOK · PART II, THE LADDER

How to use this journal

TWO MINUTES

Four kinds of page, that's all. Once you've seen each one once, you'll never need these instructions again.

THE DAILY SPREAD

One per fasting day. Tick your protocol, fill in the fasting clock (shade the hours you were fasted), log your water, salt and movement, and — the important bit — write the two or three lines about *how it actually went*. When the wave hit. What you broke the fast on. How you slept. That's the gold.

THE WEEKLY REVIEW

One at the end of each week. A quick look back — which days went well, what you learnt, what you'll change. Two minutes, and it's where the patterns start to show.

THE MONTHLY CALENDAR

Set a daily fasting goal (say, 16 hours), and cross off — with a proper Greg ✕ — every day you hit it. A month of ticks is a quietly powerful thing to look at.

THE MILESTONE PAGES

Your First 24, First 36, First 48, First 72. Fill these in once, properly. In five years you'll be glad you did.

> *"A used, battered, honest journal is worth ten pristine ones. Scribble in it."*
>
> HOUSE RULE

The Ladder

QUICK REFERENCE

Where you are today, and where you might climb to. Most people find their summit between Rung 2 and Rung 5 — and that's a complete answer for a long, healthy fasting life.

1	**12:12 — The Overnight Twelve** Fast 12, eat in 12. Usually 8pm–8am. The on-ramp.
2	**16:8 — The Gateway** Fast 16, eat in 8. Noon–8pm, or 8am–4pm. Where most fasters live.
3	**18:6 & 20:4 — The Warrior Windows** Six- or four-hour window. The step after two solid months at 16:8.
4	**OMAD — One Meal A Day** 23:1. One proper, substantial meal. Simple but serious.
5	**The 24 — Eat Stop Eat** Dinner to dinner, once or twice a week. Bridge to periodic fasting.
6	**The 36 & 48** One or two full days. Once a fortnight, on a 16:8 background.
7	**The 72 — The Gold Standard** Three days. Quarterly, or twice a year. The deepest benefits live here.

> *"Climb the ladder. Don't skip rungs. The second fast is always easier than the first."*
>
> FROM THE BOOK · THE LADDER

Body Measurements

The scale lies — it can't tell fat from muscle from water. Measure your waist, take a photo, and track the things that actually show change. Fill a column every few weeks.

	Start	Wk 4	Wk 8	Wk 12
Weight				
Waist				
Hips				
Chest				
Thigh				
Upper arm				
Resting heart rate				
Blood pressure				

THE TARGETS WORTH KNOWING

Waist circumference is the single most useful number here — under 94cm for men, under 80cm for women, is the broad goal. Fasting targets the dangerous visceral fat preferentially, which is why results often show in the belly first.

> *"Hunger is a wave, not a gauge. It comes, it peaks, it passes — every time, within about twenty minutes."*
>
> FROM THE BOOK · CHAPTER 22

LEARN IT · NO. 1

The Bouncer on the door

If you only remember one thing, remember this. The hormone that decides whether your body burns fat or stores it is called *insulin* — and you are in charge of it.

Picture insulin as the bouncer on the door of a club called Your Cells. Every time you eat, sugar turns up and the bouncer waves it through into storage. While the bouncer's on duty — while insulin is high — fat goes *in* and does not come *out*. Not a gramme. You cannot burn the fat on your hips while insulin is high. The door is locked from the other side.

Eat → insulin up → storage mode (fat door shut)

Fast → insulin down → burning mode (fat door open)

So how do you lower insulin and send the bouncer home? You stop eating for a bit. That's it. That's the whole trick, and every protocol in this book is just a different way of giving your insulin a proper holiday so the bakery in the basement can finally open.

> *"When insulin falls, your body remembers it has its own bakery in the basement — and starts burning the croissants you put there in 2017."*
>
> FROM THE BOOK · CHAPTER 1

Day 01

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"A latte is breakfast. A flat white is breakfast. Black coffee or tea is genuinely fine. I'm sorry — I'm a milky-tea Brit too."*
>
> FROM THE BOOK · CHAPTER 5

Day 02

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Every snack rings the bell and calls the bouncer back to work. The kindest thing you can do for your metabolism is stop ringing the bell."*
>
> FROM THE BOOK · CHAPTER 1

Day 03

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Do your hardest thinking in the fasted morning. Two hours before the window opens is worth twice the afternoon."*
>
> FROM THE BOOK · CHAPTER 13

Day 04

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The longer the fast, the gentler the first meal. A 72 broken on a kebab is a 72 you'll regret."*
>
> FROM THE BOOK · CHAPTER 19

Day 05

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Finish eating three hours before bed. If you take one thing from the whole book for better sleep, take that."*
>
> FROM THE BOOK · CHAPTER 23

Day 06

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Your great-grandmother did 14:10 every night without calling it anything. You're not doing something weird — you're remembering how to be a person."*
>
> FROM THE BOOK · THE LADDER

Day 07

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"You can't out-discipline a hormone. But you can out-wait one."*
>
> FROM THE BOOK · CHAPTER 1

Weekly Review

WEEK ONE

Two minutes. This is where the patterns start to show.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

What surprised you most about your first week?

When did the hunger turn up — and what did you do about it?

One thing you'll do differently next week:

> *"The body is not a punishment that needs more discipline. It's a system that needs the right inputs."*
>
> FROM THE BOOK · CHAPTER 26

LEARN IT · NO. 2

Surfing the hunger waves

The hunger you feel on a fast is not your body running out of fuel — even a lean person carries 80,000 to 100,000 calories on board. It's a *behavioural* signal from a hormone called ghrelin, and ghrelin runs on a clock, not a fuel gauge. It spikes at the times you usually eat, and ebbs within twenty minutes whether you feed it or not.

So hunger is a *wave* — it comes, it peaks, it passes — not a gauge climbing towards a red line. Once you've understood that, half the fear of fasting falls away.

WHEN A WAVE HITS — THE TOOLKIT

- **The twenty-minute rule.** Do nothing for twenty minutes. It'll have passed.
- **Water with salt.** Clears a surprising number of "hunger" waves outright.
- **Move.** A brisk lap of the block shrinks the wave reliably.
- **A hot drink.** Tea blunts a wave better than anything cold.
- **Change your context.** Get out of the kitchen. The wave can't survive a proper change of scene.

> *"The first time you sit through a really bad wave and discover it does, in fact, pass — that's the moment fasting clicks for you."*
>
> FROM THE BOOK · CHAPTER 22

Day 08

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Climb the ladder. Don't skip rungs. The second fast is always easier than the first."*
>
> FROM THE BOOK · THE LADDER

Day 09

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The body keeps a recycling crew on standby its whole life. Fasting is simply handing them the keys."*
>
> FROM THE BOOK · CHAPTER 2

Day 10

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Discomfort is normal. Distress is not. When in doubt, eat — you can always do another fast next month."*
>
> FROM THE BOOK · CHAPTER 29

Day 11

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"A sports drink is a liquid Mars bar in athletic costume. If you need electrolytes, you make them properly."*
>
> FROM THE BOOK · CHAPTER 17

Day 12

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Plateaus are milestones, not failures. They catch everyone who fasts long enough to need worrying about them."*
>
> FROM THE BOOK · CHAPTER 26

Day 13

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Autophagy is your body's cellular recycling night shift — properly Nobel-Prize-real, and the reason longevity science got interested in fasting."*
>
> FROM THE BOOK · CHAPTER 2

Day 14

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"You cannot burn the fat on your hips while insulin is high. The door is locked from the other side."*
>
> FROM THE BOOK · CHAPTER 1

Weekly Review

WEEK TWO

Two minutes. Week two is where the novelty wears off and the habit starts.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

What's already feeling easier than it did on day one?

Which day was hardest, and what was going on around it?

One thing you'll protect next week:

> *"Once you've done a few fasts, your body learns the route, and the unpleasant bit of the transition shrinks dramatically. That's the prize."*
>
> FROM THE BOOK · CHAPTER 3

Day 15

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The strange thing in human history is not skipping meals. The strange thing is never skipping any."*
>
> FROM THE BOOK · CHAPTER 4

Day 16

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Eat enough. Eat well. Let the fasting hours do the metabolic work."*
>
> FROM THE BOOK · CHAPTER 6

Day 17

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The fast disappears into the shape of the day. Everything else happens whether you notice it or not."*
>
> FROM THE BOOK · CHAPTER 7

Day 18

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The first week is the hardest. The next eight are the easiest fasting you've ever done."*
>
> FROM THE BOOK · CHAPTER 8

Day 19

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Two 24s a week, on a 16:8 background, is the sweet spot for a great many people. Many happily live there for years."*
>
> FROM THE BOOK · CHAPTER 9

Day 20

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Old, broken cellular machinery doesn't clear itself out while the kitchen's still open."*
>
> FROM THE BOOK · CHAPTER 2

Day 21

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · 20:4 · OMAD · **24** · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The 72 isn't a thing you do. It becomes a thing you return to — a quarterly week off, a piece of architecture in the year."*
>
> FROM THE BOOK · CHAPTER 11

Weekly Review

Two minutes. By now your body's learning the route.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

How is your energy in the fasted hours compared with week one?

What's still catching you out?

One small adjustment for next week:

> *"Fast with your cycle, not against it. Fast freely to about day ten; from day twenty to your period, back off."*
>
> FROM THE BOOK · CHAPTER 12

MILESTONE · ONE OF FOUR

My First 24

The day you crossed the line

DATE

HOURS COMPLETED

Where was I when I broke it, and what did I have?

When did the hunger waves hit — and how did I ride them?

How do I feel, having done it?

> *"The first time you cross the 'I have never not eaten lunch' line and discover nothing terrible happens — that's the foundation everything above this rung is built on."*
>
> FROM THE BOOK · CHAPTER 9

LEARN IT · NO. 3

The salt that saves your fast

This is the bit nobody tells you, and it's the difference between a clean long fast and a miserable one. When your insulin drops, your kidneys start flushing *sodium* — and water goes with it. That's why you lose dramatic "weight" in the first days of a long fast, and it's why people feel rough: the headache, the wobble on standing, the 5pm fog. That's not hunger. That's low sodium, and it's completely preventable.

THE THREE THAT MATTER

- **Sodium** — the big one. Sea salt, table salt, pink salt. Don't be frightened of it; on a fast you need *more*, not less.
- **Potassium** — matters from day two. LoSalt is the cheap, easy source — but not if you have kidney trouble or take ACE inhibitors, ARBs or spironolactone, unless your GP says so.
- **Magnesium** — glycinate or citrate, 200–400mg before bed. Doubles as a sleep aid.

What's NOT an electrolyte drink: Lucozade, Gatorade, Powerade. A sports drink is a liquid Mars bar in athletic costume. Don't.

> *"If you feel rough on a fast, reach for salt and water before you reach for food. The symptoms you read as 'I can't do this' are usually just electrolytes — and they fix in twenty minutes."*
>
> FROM THE BOOK · CHAPTER 18

Day 22

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Fasted cardio is excellent. The fasted morning walk is one of the highest-value, lowest-effort things in this whole book."*
>
> FROM THE BOOK · CHAPTER 13

Day 23

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a · 7 · 8 · 9 · 10 · 11 · 12 · 1p · 2 · 3 · 4 · 5

6p · 7 · 8 · 9 · 10 · 11 · 12 · 1a · 2 · 3 · 4 · 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"It's not your fault. The strategy you were given was broken. There is a different strategy."*
>
> FROM THE BOOK · CHAPTER 14

Day 24

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The goal isn't to live longer. It's to stay the eighty-five-year-old who's still walking the hills, still sharp at dinner."*
>
> FROM THE BOOK · CHAPTER 16

Day 25

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The clean list is water, black coffee, plain tea, and herbal infusions. That's everything you need for any fast in this book."*
>
> FROM THE BOOK · CHAPTER 17

Day 26

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"When insulin drops, your kidneys flush sodium and water. Top up the salt and most of the 'I feel awful' stories simply vanish."*
>
> FROM THE BOOK · CHAPTER 18

Day 27

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"A 72 broken on soft-boiled eggs is a 72 you'll feel proud of. Always keep six in the fridge."*
>
> FROM THE BOOK · CHAPTER 19

Day 28

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | **24** | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Print the hour-by-hour. The 72 is much easier with a script than from memory — especially the electrolyte rounds."*
>
> FROM THE BOOK · CHAPTER 20

Weekly Review

WEEK FOUR

Two minutes. A month in — worth a proper look back.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

A month of this. What's genuinely changed — body, sleep, or head?

Which habit has stuck without you having to think about it?

What do you want month two to look like?

> *"The faster who stops when their body says stop is a better faster than the one who pushes through and pays for it."*
>
> FROM THE BOOK · CHAPTER 21

Monthly Calendar

MONTH 1

MY DAILY FASTING GOAL THIS MONTH

TARGET FASTING DAYS

Cross off — with a proper ✕ — every day you hit your goal. A month of ticks is a quietly powerful thing to look at.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

The month in one line:

> *"Set a twenty-minute timer, drink water with salt, change your room. The wave always passes. Every time."*
>
> FROM THE BOOK · CHAPTER 22

Day 29

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"On the daily protocols, sleep usually gets better — deeper, more restorative, harder to interrupt."*
>
> FROM THE BOOK · CHAPTER 23

Day 30

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Magnesium glycinate, 200 to 400mg before bed. One of the cheapest, gentlest sleep aids going."*
>
> FROM THE BOOK · CHAPTER 23

Day 31

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · 20:4 · OMAD · **24** · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Train towards the end of your fasting window, then break the fast on protein. Fasted metabolism, fed recovery, one day."*
>
> FROM THE BOOK · CHAPTER 24

Day 32

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Answer questions when asked. Don't volunteer when not. Let your own visible wellbeing be the only advocacy you do."*
>
> FROM THE BOOK · CHAPTER 25

Day 33

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Novelty matters more than intensity. A small deliberate change breaks more plateaus than the same thing, harder."*
>
> FROM THE BOOK · CHAPTER 26

Day 34

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Beyond the plateau is the second wind — the point where fasting stops being a thing you do and becomes how you live."*
>
> FROM THE BOOK · CHAPTER 26

Day 35

fasting day

Date _____

Protocol today _____

12:12 · **16:8** · 18:6 · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"You're not the faster. You're a person who happens to fast, among many more interesting things."*
>
> FROM THE BOOK · CHAPTER 25

Weekly Review

WEEK FIVE

Two minutes. This is where the patterns start to earn their keep.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

How is your sleep on fasting nights versus eating nights?

Have you noticed a best time of day for your hardest thinking?

One thing you'll try next week:

> *"Eggs: about two pounds. Three if they're posh ones. The single most useful piece of fasting kit there is."*
>
> FROM THE BOOK · CHAPTER 29

Day 36

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The switch to fat-burning feels like fog the first time — and like clarity every time after."*
>
> FROM THE BOOK · CHAPTER 3

Day 37

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a · 7 · 8 · 9 · 10 · 11 · 12 · 1p · 2 · 3 · 4 · 5

6p · 7 · 8 · 9 · 10 · 11 · 12 · 1a · 2 · 3 · 4 · 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Move like a person who's enjoying themselves, not like a person trying to burn calories. Move, don't train."*
>
> FROM THE BOOK · CHAPTER 11

Day 38

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | **24** | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Once you stop the constant blood-sugar rollercoaster, you get hours of your brain back. That's the quiet prize."*
>
> FROM THE BOOK · CHAPTER 13

Day 39

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Pick your summit, plant your flag, enjoy the view. If 16:8 is your level, that's a complete answer."*
>
> FROM THE BOOK · THE LADDER

Day 40

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Your body has two fuel tanks. Most people live their whole lives without ever opening the second one."*
>
> FROM THE BOOK · CHAPTER 3

Day 41

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Your metabolism doesn't crash from missing lunch. It was built by a million years of missed lunches."*
>
> FROM THE BOOK · CHAPTER 4

Day 42

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · 20:4 · OMAD · 24 · **36** · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The fear of fasting is nearly always worse than the fast itself."*
>
> FROM THE BOOK · CHAPTER 4

Weekly Review

WEEK SIX

Two minutes. Halfway to the halfway point.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

How did the longer fast go — and what would you change about the prep?

Did the salt and water do their job? Where did you get caught short?

One thing you'll get ready in advance next week:

> *"Fasting is free. That's half the reason nobody's advertising it to you."*
>
> FROM THE BOOK · CHAPTER 4

MILESTONE · TWO OF FOUR

My First 36

The one with a night in the middle

DATE

HOURS COMPLETED

How was waking up still fasted — the morning after?

What did the second-day calm feel like, if it came?

What surprised me most about going past 24?

> *"Something between hour 20 and 24, the hunger doesn't fade — it stops. That's the switch that converts people to long fasting."*
>
> FROM THE BOOK · CHAPTER 10

Day 43

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Close the kitchen at eight. That one sentence is the whole of rung one."*
>
> FROM THE BOOK · CHAPTER 5

Day 44

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Rung one isn't a diet. It's a bedtime for your fridge."*
>
> FROM THE BOOK · CHAPTER 5

Day 45

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | **24** | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Skip breakfast, finish dinner by eight. Most of it happens while you're asleep — which feels like cheating, and isn't."*
>
> FROM THE BOOK · CHAPTER 6

Day 46

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"An eating window is a fence, not a trough. What you eat inside it still matters."*
>
> FROM THE BOOK · CHAPTER 6

Day 47

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a	7	8	9	10	11	12	1p	2	3	4	5
6p	7	8	9	10	11	12	1a	2	3	4	5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"When the window opens, let protein through the door first. The rest of the meal behaves better for it."*
>
> FROM THE BOOK · CHAPTER 6

Day 48

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a	7	8	9	10	11	12	1p	2	3	4	5
6p	7	8	9	10	11	12	1a	2	3	4	5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"A six-hour window sounds brutal until you've done a month of eight. Then it's just lunch arriving fashionably late."*
>
> FROM THE BOOK · CHAPTER 7

Day 49

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"One meal a day only works if the meal is magnificent. Make it a feast, not a forfeit."*
>
> FROM THE BOOK · CHAPTER 8

Weekly Review

WEEK SEVEN

Two minutes. Notice how much of this is running on autopilot now.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

What's become automatic that used to take effort?

Where did fasting bump into your social life — and how did you handle it?

One thing you'll say yes to next week:

> *"Dinner to dinner — you sleep through the middle and only ever skip two meals. The friendliest long fast there is."*
>
> FROM THE BOOK · CHAPTER 9

Day 50

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The first 24 changes your body a little and your mind a lot."*
>
> FROM THE BOOK · CHAPTER 9

Day 51

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · **20:4** · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The second morning is the revelation: you wake up still fasted and feel better, not worse."*
>
> FROM THE BOOK · CHAPTER 10

Day 52

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | **24** | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Growth hormone rises on a long fast precisely to guard your muscle. The body is not daft."*
>
> FROM THE BOOK · CHAPTER 10

Day 53

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Nobody warns you about day three: the calm, the quiet, the strange clean energy. That's what you came for."*
>
> FROM THE BOOK · CHAPTER 11

Day 54

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Plan a 72 like a small holiday. Clear the diary, stock the fridge, tell someone you love."*
>
> FROM THE BOOK · CHAPTER 11

Day 55

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The week before your period is not the week for a long fast. Be gentle when your body asks for gentle."*
>
> FROM THE BOOK · CHAPTER 12

Day 56

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · 20:4 · OMAD · 24 · 36 · **48** · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Your eating window should fit your life like a good coat, not a straitjacket."*
>
> FROM THE BOOK · CHAPTER 12

Weekly Review

WEEK EIGHT

Two minutes. The middle weeks are where the real work shows.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

How did the longest fast of the block feel — and how was the refeed?

What does the tape measure say that the scale doesn't?

One thing you'll keep doing regardless:

> *"The fasted morning is the best brain you'll have all day. Spend it on something that deserves it."*
>
> FROM THE BOOK · CHAPTER 13

Monthly Calendar

MONTH 2

MY DAILY FASTING GOAL THIS MONTH

TARGET FASTING DAYS

Same again. Cross off every day you hit your goal — and notice how much less you have to think about it now.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

What month two taught me:

> *"The quiet around food is the prize nobody mentions — whole hours of your day, handed back."*
>
> FROM THE BOOK · CHAPTER 13

MILESTONE · THREE OF FOUR

My First 48

Two full days, two full nights

DATE

HOURS COMPLETED

How were the two nights of fasting sleep?

Did the clarity arrive — and when?

What did I break it on, and how did the refeed go?

> *"Between hours 24 and 48 is where the deeper benefits — proper autophagy, sharp ketosis, sustained growth hormone — actually start to deliver in force."*
>
> FROM THE BOOK · CHAPTER 10

Day 57

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Months, not weeks. The damage took years; the repair is allowed to take seasons."*
>
> FROM THE BOOK · CHAPTER 14

Day 58

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The body fixes what it's finally given the room to fix."*
>
> FROM THE BOOK · CHAPTER 14

Day 59

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | **24** | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Muscle is the pension fund of old age. Fast for the cleanup; lift for the future."*
>
> FROM THE BOOK · CHAPTER 16

Day 60

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"If it tastes of anything much, it probably broke the fast. Water, black coffee, plain tea. Done."*
>
> FROM THE BOOK · CHAPTER 17

Day 61

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Diet drinks keep the sweet tooth alive and the cravings on the payroll."*
>
> FROM THE BOOK · CHAPTER 17

Day 62

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Salt is not the enemy on a fast. Salt is the staff."*
>
> FROM THE BOOK · CHAPTER 18

Day 63

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | **24** | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"A quarter-teaspoon of salt has rescued more fasts than willpower ever has."*
>
> FROM THE BOOK · CHAPTER 18

Weekly Review

WEEK NINE

Two minutes. Two-thirds through. Look how far that is.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

What can you do now that you couldn't in week one?

Where are you still fighting yourself?

One thing you'll stop worrying about:

> *"LoSalt is the cheapest potassium on the high street. Glamorous, no. Effective, very."*
>
> FROM THE BOOK · CHAPTER 18

Day 64

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Break a long fast like you'd wake a sleeping baby: slowly, gently, and with no sudden kebabs."*
>
> FROM THE BOOK · CHAPTER 19

Day 65

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · **20:4** · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Keep bone broth in the freezer the way other people keep ice cream."*
>
> FROM THE BOOK · CHAPTER 19

Day 66

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · 20:4 · **OMAD** · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Hour 18 is the wobble. Hour 30 is the calm. Hour 50 is the quiet pride. Knowing the map makes the road shorter."*
>
> FROM THE BOOK · CHAPTER 20

Day 67

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"There are no medals for finishing a fast you should have stopped."*
>
> FROM THE BOOK · CHAPTER 21

Day 68

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Feed a wave and it learns to come back bigger. Surf it and it learns to stay home."*
>
> FROM THE BOOK · CHAPTER 22

Day 69

fasting day

Date _____

Protocol today _____

12:12 · **16:8** · 18:6 · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Hunger at your old mealtimes is just habit wearing a costume."*
>
> FROM THE BOOK · CHAPTER 22

Day 70

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · 20:4 · OMAD · 24 · **36** · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Ghrelin is a creature of habit. Change the habit and the creature retires."*
>
> FROM THE BOOK · CHAPTER 22

Weekly Review

WEEK TEN

Two minutes. The habit's built; now it's about shape.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

If you met yourself in week one, what would you tell them?

Which protocol genuinely fits your life — not the one that sounds impressive?

One thing you'll simplify next week:

> *"A brisk walk shrinks a hunger wave faster than standing in the kitchen arguing with it."*
>
> FROM THE BOOK · CHAPTER 22

Day 71

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Water first. Then ask if you're still hungry. You usually aren't."*
>
> FROM THE BOOK · CHAPTER 22

Day 72

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Protect the sleep and the fast pays double. Lose the sleep and the fast pays nothing."*
>
> FROM THE BOOK · CHAPTER 23

Day 73

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | **24** | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Coffee after midday steals from tonight's sleep to pay for this afternoon."*
>
> FROM THE BOOK · CHAPTER 23

Day 74

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The 3am wake-up on a long fast is common, harmless, and usually just wants a little magnesium."*
>
> FROM THE BOOK · CHAPTER 23

Day 75

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Walk every fast. Lift on the fed days. That's the whole gym plan."*
>
> FROM THE BOOK · CHAPTER 24

Day 76

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Never fast through a moment that matters. Feasts are part of the protocol too."*
>
> FROM THE BOOK · CHAPTER 25

Day 77

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | **24** | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Nobody was ever argued into fasting. Plenty have been intrigued by a friend who quietly got well."*
>
> FROM THE BOOK · CHAPTER 25

Weekly Review

WEEK ELEVEN

Two minutes. Nearly there — and thinking about what comes after.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

How is your relationship with food different from twelve weeks ago?

What still needs work?

One thing you'll carry past week twelve:

> *"Feasting days are not failures. They're the other half of the rhythm."*
>
> FROM THE BOOK · CHAPTER 25

Day 78

fasting day

Date _____

Protocol today _____

12:12 | 16:8 | **18:6** | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"A plateau is the body asking for a new question, not a louder version of the old one."*
>
> FROM THE BOOK · CHAPTER 26

Day 79

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · **20:4** · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Weigh yourself weekly at most. The scale is a moody narrator."*
>
> FROM THE BOOK · CHAPTER 26

Day 80

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · 20:4 · **OMAD** · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Measure the waist, photograph the change, trust the trousers."*
>
> FROM THE BOOK · CHAPTER 26

Day 81

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a · 7 · 8 · 9 · 10 · 11 · 12 · 1p · 2 · 3 · 4 · 5

6p · 7 · 8 · 9 · 10 · 11 · 12 · 1a · 2 · 3 · 4 · 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"You're allowed to enjoy this. Suffering is not a unit of progress."*
>
> FROM THE BOOK · CHAPTER 26

Day 82

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · 20:4 · OMAD · **24** · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Consistency beats heroics. A boring 16:8 kept for a year outperforms one dramatic 72."*
>
> FROM THE BOOK · THE LADDER

Day 83

fasting day

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Start lower than your pride wants to. The ladder isn't going anywhere."*
>
> FROM THE BOOK · THE LADDER

Day 84

fasting day

Date _____

Protocol today _____

12:12 · 16:8 · 18:6 · 20:4 · OMAD · 24 · 36 · 48 · **72**

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"If the week falls apart, restart at rung one — not rung seven."*
>
> FROM THE BOOK · THE LADDER

Weekly Review

WEEK TWELVE

Two minutes. Last one. Make it count.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

MON	TUE	WED	THU	FRI	SAT	SUN

LONGEST FAST THIS WEEK

TOTAL FASTING DAYS

Twelve weeks. What's changed that has nothing to do with weight?

What was the single most useful thing you learnt about your own body?

Where does this go from here — what's your fasting rhythm for the year?

> *"Read the people I borrowed from. The farmers deserve the visit."*
>
> FROM THE BOOK · CHAPTER 27

Monthly Calendar

MONTH 3

MY DAILY FASTING GOAL THIS MONTH

TARGET FASTING DAYS

Last one. Cross off every day you hit your goal, then sit back and look at three months of your own handwriting.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Three months in one line:

> *"The protocol is just a way of paying attention. The attention is the real thing."*
>
> FROM THE BOOK · CHAPTER 30

MILESTONE · FOUR OF FOUR

My First 72

The gold standard

DATE

HOURS COMPLETED

Walk me through the moment I broke it — what, where, how slowly?

Which was the best hour of the three days, and why?

What did this one teach me that the shorter fasts didn't?

> *"Finishing your first 72 is one of those small life moments. You'll remember exactly where you were and what you ate when you broke it."*
>
> FROM THE BOOK · CHAPTER 11

Cheat Sheet · Electrolytes

TEAR-OUT / KEEP

The single most important kit on any fast longer than 24 hours. Pin it near the salt.

BY FAST LENGTH

- **24h:** ¼ tsp sea salt in water, twice in the day. Magnesium before bed optional.
- **36h:** ¼ tsp salt three times. 300mg magnesium before bed.
- **48h:** ¼ tsp salt 3–4× daily. ½ tsp LoSalt once a day from day two. Magnesium both nights.
- **72h:** the full daily protocol below, all three days.

THE 72-HOUR DAILY PROTOCOL

- **On waking:** water + ¼ tsp sea salt + squeeze of lemon.
- **~11.30am:** water + ¼ tsp sea salt (+ ½ tsp LoSalt from day two).
- **~3pm:** water + ¼ tsp sea salt.
- **~5pm:** bone broth with a pinch of salt, or ¼ tsp salt in water.
- **Before bed:** 300mg magnesium glycinate or citrate.

Greg's DIY Faster's Mix: 1 litre water · ½ tsp sea salt · ½ tsp LoSalt · juice of one lemon. Sip across the day. (Kidney trouble, or on ACE inhibitors, ARBs or spironolactone? No LoSalt without your GP's say-so.)

> *"A sports drink is a sugar drink with marketing. If you need electrolytes, you make them properly."*
>
> FROM THE BOOK · CHAPTER 17

Cheat Sheet · The Refeed

TEAR-OUT / KEEP

The most under-taught skill in fasting. The longer the fast, the gentler the first meal. Pin it inside the fridge door.

AFTER A 24

Something easy — soft-boiled eggs, a small piece of fish, avocado with olive oil. Eat over 20 minutes. Wait an hour. Then a normal meal.

AFTER A 36 OR 48

Small protein-and-fat starter (two soft-boiled eggs with avocado, or broth then a little slow-cooked fish). Slowly, 20 min. Wait an hour. Then a moderate second meal — no bread, rice, pasta or sugar yet. No alcohol.

AFTER A 72

- Hour 0: a mug of bone broth, slowly, 10–15 min. Just the broth.
- Hour 1: two soft-boiled eggs, half an avocado, a little cooked greens with butter. 25 min.
- Then: water, herbal tea, stay seated. No alcohol, coffee or sugar.
- Next day: gradual return to normal eating. Wine fine by dinner.

ALWAYS IN THE FRIDGE DURING A FAST

Six hard-boiled eggs (about two pounds. Three if they're posh ones. The single most useful piece of fasting kit there is). A small batch of bone broth. A couple of avocados. Good olive oil.

> *"A 72 broken on a kebab is a 72 you'll regret. A 72 broken on soft-boiled eggs is a 72 you'll feel proud of."*
>
> FROM THE BOOK · CHAPTER 19

Cheat Sheet · When NOT to Fast

READ FIRST

DO NOT FAST AT ALL

- × Pregnant or breastfeeding · under 18 · significantly underweight (BMI under 18.5)
- × Active eating disorder, or a history of one
- × Type 1 diabetes (unless under specialist supervision)
- × Recovering from significant illness or surgery
- × Active Crohn's, ulcerative colitis, severe gastroparesis or a gastric ulcer
- × Active cancer treatment without your oncologist's approval
- × Cirrhosis or advanced liver disease

FAST ONLY WITH MEDICAL SUPERVISION

- × Type 2 diabetes on insulin or sulfonylureas (gliclazide, glipizide, glimepiride)
- × On an SGLT2 tablet (dapagliflozin, empagliflozin, canagliflozin) · on a GLP-1 medicine (Ozempic, Wegovy, Mounjaro)
- × On blood-pressure or heart-rhythm medication · on diuretics · on long-term steroids
- × On any medicine you've been told to take with food
- × History of gout · chronic kidney disease · over 70 and fasting for the first time

STOP A FAST IMMEDIATELY IF

Severe dizziness or fainting · chest pain or strong palpitations · significant nausea or vomiting · a severe headache not responding to salt water · disorientation · any neurological symptoms (numbness, tingling, vision changes, slurred speech, one-sided weakness) · severe cramps that won't resolve with electrolytes · in diabetics, blood sugar going too low or too high.

On insulin or a sulfonylurea and feeling shaky, sweaty or confused? Treat it as a hypo: 15–20g of fast-acting sugar (a small glass of fruit juice, or four or five glucose tablets), then follow your diabetes team's hypo plan. If you call for medical help, tell them you've been fasting.

Discomfort is normal. Distress is not. When in doubt, eat — you can always do another fast next month.

> *"The protocol exists to serve your life and the people in it. Not the other way round."*
>
> FROM THE BOOK · CHAPTER 21

TWELVE WEEKS DONE

Keep writing it down.

The next fast is always easier than the last — and the journal is how you make it so. Six months from now, you'll be glad you kept the record.

×

And as well as being kind to yourself — remember to always be kind to each other.

Greg x