

YOUR LIFE Habit Tracker

Your 30-day personal planner and habit tracker to Cinch your life! Includes lifestyle goal setter, intermittent fasting planner, food, fruit, vegetable and water journal, exercise journal and planner, gratitude, affirmations, weight and body measurements tracker.



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WEIGHT:

The below is your 30 day IF challenge and daily guide for what you should be trying to achieve with regards to your fasting window. You might want to consider beginning your journey with an eight or a ten hour eating window with the goal of reducing it to find your own sweet spot

The below is your 30 day IF challenge and daily guide for what you should be trying to achieve with regards to your fasting window. You might want to consider beginning your journey with an eight or a ten hour eating window with the goal of reducing it to find your own sweet spot by week 4. Use the key to remind yourself what the numbers refer to, it can be a little confusing at the start, but you will get used to it!

| IF Schedule Fasting | | Eating |
|---------------------|----|--------|
| 14:10 | 14 | 10 |
| 16:8 | 16 | 8 |
| 18:6 | 18 | 6 |

19

29

30

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windows.

19:5

The beauty of IF is that the eating window time-frames you choose is completely up to you. You are in control. So, if you are for example doing the 16:8 schedule, and you find you are hungrier in the mornings, you can open your window at say 10am and shut it again at 6pm!

A the end of each day fill in this table to keep track of your

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|--------------|----------------|-----|---------|-------|-------------------|------------------|-----|
| | DAY | DAY | DAY | DAY | DAY | DAY | DAY |
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| | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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Month: Year: MOVEMENT

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| 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |
| 31 | | | | |

Love & forgiveness Tournal Month: Year:



List 3 people each day to send love & forgiveness to...

| 01 | 02 | 03 | 04 | 05 |
|----|----|----|----|----|
| 06 | 07 | 08 | 09 | 10 |
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WEEKLY FOOD Journal

WEEK OF:

| | MENU PLANNER | FRUIT & VEG | TEA/ COFFEE | WATER INTAKE |
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| Ş | Meal 1 | | | |
| Monday | Meal 2 | | | & & & & & & |
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| Tuesday | Meal 2 | | | |
| | Meal 3 / Snack | | \Box | |
| Wednesday | Meal 1 | | | |
| dne | Meal 2 | | | $\begin{array}{c ccccccccccccccccccccccccccccccccccc$ |
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| Thursday | Meal 2 | | | |
| | Meal 3 / Snack | | \Box | <u> </u> |
| Ž | Meal 1 | | | 0.0.0.0.0 |
| Friday | Meal 2 | | | |
| | Meal 3 / Snack | | \Box | <u> </u> |
| lay | Meal 1 | | | 0.0.0.0.0. |
| Saturday | Meal 2 | | | |
| Sa | Meal 3 / Snack | | \Box | 2222 |
| > | Meal 1 | | | |
| Sunday | Meal 2 | | | |
| Sui | Meal 3 / Snack | | \Box | |



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GRATITUDE Diary

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THANK YOU

We hope you have enjoyed this tracker.

Print it each month as you aim to stay on track!

Visit www.cinchfast30.com for our

30-day Intermittent Fasting Challenge.

