

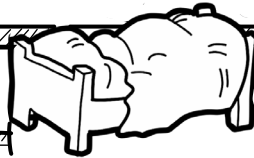




# EATING SUNSET JOURNAL

GIVE YOURSELF THE NIGHT OFF

DOCUMENT THE TIME OF YOUR LAST MEAL, HOW LONG BEFORE BED YOU STOPPED EATING + THE TIME OF YOUR FIRST MEAL. THEN DO THE MATH.



 DAY	 TIME OF LAST MEAL	 TIME BETWEEN LAST MEAL & SLEEP	 TIME OF FIRST MEAL	 FASTING WINDOW (TIME BETWEEN LAST AND FIRST MEAL)
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				