

Gentle Biohacking with Intermittent Fasting

A nurturing guide to clarity, energy, and longevity through mindful fasting

Introduction

Intermittent fasting is a gentle, time-based approach to eating that supports your body's natural rhythms. By allowing periods of rest between meals, you give your body space to repair, rebalance hormones, and access stored energy. This journal is designed to help you explore fasting as a mindful wellness practice - not a restriction, but a rhythm. Use this space to track your experience, reflect on your body's signals, and gently biohack your way to more clarity, energy, and longevity.

7-Day Fasting Tracker

Day	Fasting Window	Energy	Mood	Sleep	Notes
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Daily Reflection Prompts

- How did I feel during my fasting window?
- What supported me today?
- What will I adjust tomorrow?
- Did I notice any changes in my energy or mood?
- What am I learning about my body's rhythms?

Gentle Affirmations for Body and Mind

- I trust my body to guide me toward balance.
- I nourish myself with rest, rhythm, and kindness.
- My energy is steady and sustainable.
- I am learning to listen deeply to my body's needs.
- I honor my hunger and my stillness equally.

Continuing Your Practice

As you continue your intermittent fasting journey, remember to stay flexible and kind to yourself. Fasting is not about perfection - it's about tuning in. Adjust your fasting windows to fit your lifestyle, stay hydrated, and prioritize sleep and stress reduction. Most importantly, listen to your body. It knows what it needs. Let this journal be your companion in cultivating a sustainable, nourishing rhythm for life.