



My Fasting Plan



Foundational Information

My Accountability Partners

My Why

My Goal

My Scripture

My Primary Focus

Fasting Journal

Morning

Noon

Night

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Day 7

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How to execute this plan:

Complete the foundational information above - ensure your accountability partners have access to or a copy of this plan. Set a goal, focus, or intention for each part of every day. Utilize your personal journal or the lines on the back of this form to help you assess your progress and learned lessons as you navigate your fast. You can tailor this from days to weeks to make it suit your context.

