



Sleep and Rest Target Setting
Fasting

I fast _____ per _____ by _____

The benefit to me and others for fasting _____ per _____ is:

The cost to me and others for not fasting _____ per _____ is:

The price I am willing to pay to fast _____ per _____ is:

To fast _____ per _____, I am willing to change, give-up or add to my life:
