

Intermittent Fasting Chart

Name: _____ Date: _____

Tick the button of the fasting schedule to be followed:

	Fasting schedule	Fasting period	Eating window	Notable benefits
	16:8 method	16 hours	8 hours	Weight loss, improved insulin levels, appetite control.
	5:2 method	2 non-consecutive days: 20% of daily calories	5 days regular eating	Weight loss, potential calorie reduction.
	Alternate-day fasting	Every other day: 24 hours fasting	Non-fasting days: Normal eating	Potential weight loss, but may be challenging.
	Eat-stop-eat diet	1-2 days a week: 24 hours	Non-fasting days: Normal eating	Weight and fat loss, not suitable for extended periods.
	14:10 method	14 hours	10 hours	Weight loss, improved blood glucose levels.
	Warrior diet	20 hours fasting	4 hours eating; one large meal at night	Potential weight loss, focused on paleo foods
	Custom schedule			
	Start time of fasting period:			
	End time of fasting period:			
	Total eating window:			
	Caloric intake on fasting days:			

Reasons for trying intermittent fasting:

	Weight loss
	Improved insulin
	Appetite control
	Memory enhancement
	Other (please specify):

Additional notes or goals: