

# Intermittent Fasting by Age Chart

Age Group	Fasting Window	Eating Window	Notes
18-25	14 hours	10 hours	Young adults may have more flexibility with fasting due to higher metabolic rates. Monitor energy levels and nutritional intake.
26-35	12-14 hours	10-12 hours	This age group may begin to see metabolism slowing. A moderate approach is recommended to balance lifestyle and metabolic needs.
36-45	12 hours	12 hours	Metabolic steadiness sets in. A 12:12 approach can maintain weight and health without overtaxing the body.
46-55	10-12 hours	12-14 hours	Hormonal changes may affect metabolism. Shorter fasting windows are advised, with a focus on nutrient-dense foods during eating periods.
56-65	10 hours	14 hours	Consideration for age-related metabolic slowing and health issues. Emphasis on a balanced diet with adequate protein.
65+	8-10 hours	14-16 hours	Shorter fasting windows to support energy needs. Ensure adequate hydration and a diet rich in fiber, vitamins, and minerals.

**Notes:**

**Individual Assessment:** Always tailor fasting regimens to individual health status, pre-existing conditions, and lifestyle.

**Medical Supervision:** Patients with chronic health conditions or those taking medications should only undertake intermittent fasting under medical supervision.

**Nutritional Adequacy:** Ensure that all eating windows provide a balanced intake of macronutrients and micronutrients to support overall health.

Doctor's Signature:

Name:

Date: