## Intermittent Fasting Chart

| 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 | 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. |

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## Chosen Fasting Schedule:

16:8 Method5:2 Method$\square$ Alternate-Day Fasting Eat-Stop-Eat Diet14:10 MethodWarrior Diet

## Custom Schedule (Specify):

The fasting period depends on what time I wake up. Normally around 7 am
Start Time of Fasting Period: 8 pm (e.g., 8:00 PM)

End Time of Fasting Period: 12 pm (e.g., 12:00 PM)

Eating Window: 8 hours Hours (e.g., 8 hours)

Caloric Intake on Fasting Days: N/A

## Reasons for Trying Intermittent Fasting:

v Weight Loss

- Improved Insulin LevelsAppetite Control
$\square$ Memory Enhancement
$\square$ Other (Specify): $\qquad$


## Additional Notes or Goals:

I'm excited to give intermittent fasting a try to shed some extra pounds and improve my insulin sensitivity. I've heard great things about the 16:8 method and hope to see positive results soon.

