

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.

Name: _____ Date: _____

Chosen Fasting Schedule:

- 16:8 Method
- 5:2 Method
- Alternate-Day Fasting Eat-Stop-Eat Diet
- 14:10 Method
- Warrior Diet

Custom Schedule (Specify):

Start Time of Fasting Period: _____ (e.g., 8:00 PM)

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

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

Caloric Intake on Fasting Days: _____

Reasons for Trying Intermittent Fasting:

- Weight Loss
- Improved Insulin Levels
- Appetite Control
- Memory Enhancement
- Other (Specify): _____

Additional Notes or Goals: