

# Intermittent Fasting Chart

Fasting Schedule	Fasting Period	Eating Window	Notable Benefits
<b>16:8 Method</b>	16 hours	8 hours	Weight loss, improved insulin levels, appetite control.
<b>5:2 Method</b>	2 non-consecutive days: 20% of daily calories	5 days regular eating	Weight loss, potential calorie reduction.
<b>Alternate-Day Fasting</b>	Every other day: 24 hours	Non-fasting days: Normal eating	Potential weight loss, but may be challenging.
<b>Eat-Stop-Eat Diet</b>	1-2 days a week: 24 hours	Non-fasting days: Normal eating	Weight and fat loss, not suitable for extended periods.
<b>14:10 Method</b>	14 hours	10 hours	Weight loss, improved blood glucose levels.
<b>Warrior Diet</b>	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):

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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: