

Method	Fasting Period	Eating Period	Calorie Intake on Fasting Days	Common Schedule Example
5:2 Diet	<ul style="list-style-type: none"> Fast for 2 days per week 	<ul style="list-style-type: none"> Eat normally for 5 days 	<ul style="list-style-type: none"> 500–600 calories on fasting days 	<ul style="list-style-type: none"> Eat normally Monday–Friday, Fast on Saturday & Sunday
16/8 Method	<ul style="list-style-type: none"> Fast for 16 hours 	<ul style="list-style-type: none"> Eat during an 8-hour window 	<ul style="list-style-type: none"> Normal calorie intake within the eating window 	<ul style="list-style-type: none"> Eat between 12 p.m. and 8 p.m., Fast from 8 p.m. to 12 p.m. next day

Act Practice Intermittent Fasting Review

JS Bruner

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