

# ULTIMATE GUIDE TO

## Intermittent Fasting Schedules

### 16/8

Description	Samples	Pro	Con	Who It's for
Eat during an 8-hour window, fast for 16 hours.	Eat between 9am-5pm Fast between 11am-7pm Fast between noon-8pm	Fits easily into most lifestyles	It can be difficult to go longer without food if you're new to fasting	Suitable for nearly everyone

### 12/12

Description	Samples	Pro	Con	Who It's for
Eat during a 12-hour window, fast for 12 hours	Eat between 9am-6pm Fast between 6pm-6pm Eat between 10am-10pm	Requires minimal effort; unlikely to experience any hunger pangs	Smaller fasting window means it'll take longer to see benefits	Great for easing your way into a fasting plan if you're new to fasting

### 20-HR FAST (Warrior Diet)

Description	Samples	Pro	Con	Who It's for
Eat during a 4-hour window, fast for 20 hours	Eat between noon-4pm Fast between 4pm-8pm Eat between 6pm-10pm	Great for a hectic lifestyle, since you only have to worry about eating for 4 hours of your day	It can be tough to go 20 hours without food	Someone with experience with fasting looking for quicker results

### 24 HR FAST

Description	Samples	Pro	Con	Who It's for
Don't eat anything for the 24 hours	<b>Monday:</b> stop eating by 7pm <b>Tuesday:</b> fast until 7pm to start eating	Great way to reset your digestive system	Not recommended to do more than TWO 2 day fasts per week	Anyone with a busy schedule, no need to worry about preparing food for a full day

### 5:2

Description	Samples	Pro	Con	Who It's for
Choose two non-consecutive days of the week and limit yourself to 500-600 calories on those two days.	<b>Mon:</b> 500-600 <b>Tues:</b> normal caloric intake <b>Wed:</b> 500-600 <b>Thurs:</b> 500-600 <b>Fri:</b> normal caloric intake <b>Sat:</b> normal caloric intake <b>Sun:</b> normal caloric intake	You never have to face any period of time where you can't eat	Need to be very careful about measuring portion sizes and counting calories	Great for anyone who doesn't want to even have to go without eating some food.

### Tim Ferriss 3-DAY FAST

Description	Samples	Pro	Con	Who It's for
Fast for 3 full days, eating nothing but water and other ketone sources	<b>Thurs:</b> stop eating by 6pm <b>Fri:</b> take a 3-4 hour walk and eat nothing but ketones <b>Sat:</b> nothing except water <b>Sun:</b> break your fast at 6pm	Proven to get you into ketosis quickly	Fasting for this long can be very hard if you're not used to it	Anyone highly motivated to jumpstart a fasting regimen

### ALTERNATE DAY FASTING

Description	Samples	Pro	Con	Who It's for
Pick any fasting schedule and just implement it on alternating days	Follow the 16/8 plan only on Monday, Wednesday and Friday	Makes any intermittent fasting plan more manageable	Might take longer to see health benefits	Anyone not ready to commit to daily fasting; also recommended for women

### 36 HR FAST

Description	Samples	Pro	Con	Who It's for
Fasting for 36 hours straight without any consumption of calories	Fri: don't eat anything Sat: fast Sun: have breakfast after 7am	An excellent, medical solution for improving Type 2 Diabetes	Quite difficult to implement	Anyone trying to lose weight or sensitive; doctor supervision recommended

# Mlb Playoffs Intermittent Fasting Guide

**PT Brinkman**

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