

Intermittent Fasting Chart

Name: _____ Date: _____

Tick the button of the fasting schedule to be followed:

Fasting schedule	Fasting period	Eating window	Notable benefits
<input type="checkbox"/> 16:8 method	16 hours	8 hours	Weight loss, improved insulin levels, appetite control.
<input type="checkbox"/> 5:2 method	2 non-consecutive days: 20% of daily calories	5 days regular eating	Weight loss, potential calorie reduction.
<input type="checkbox"/> Alternate-day fasting	Every other day: 24 hours fasting	Non-fasting days: Normal eating	Potential weight loss, but may be challenging.
<input type="checkbox"/> 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.
<input type="checkbox"/> 14:10 method	14 hours	10 hours	Weight loss, improved blood glucose levels.
<input type="checkbox"/> Warrior diet	20 hours fasting	4 hours eating: one large meal at night	Potential weight loss, focused on paleo foods
<input type="checkbox"/> Custom schedule			
	Start time of fasting period:		
	End time of fasting period:		
	Total eating window:		
	Caloric intake on fasting days:		

Reasons for trying intermittent fasting:

<input type="checkbox"/>	Weight loss
<input type="checkbox"/>	Improved insulin
<input type="checkbox"/>	Appetite control
<input type="checkbox"/>	Memory enhancement
<input type="checkbox"/>	Other (please specify):

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