

Intermittent Fasting Scheduler

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Start/Stop template	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full fast length to eating length i.e. 12:12, 14:10, 16:8, etc Eating Start time: Eating End Time:							

Step 1:

Helpful tips:

- For best results, it's best to vary the length of fast throughout the week. See the example below.
- Make fasting work for your lifestyle not the other way around. Some people prefer to skip dinner and eat breakfast and lunch.
- When you are new to intermittent fasting, start with 12 -14 hour fasts and work up to 16 hour fasts at a pace you're comfortable with.
- It's not recommended to fast longer than 16 hours unless you have MD supervision, since longer fasts will lead to faster weight loss, but can be dangerous if you're on blood pressure lowering medications and/or blood sugar lowering medications if the medications aren't adjusted properly.

Example

Start/Stop template	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:12	16:8	16:8	16:8	16:8	16:8	14:10
	Start Eating: 8am Stop Eating: 8pm	Start Eating: 12pm Stop Eating: 8pm	Start Eating: 12pm Stop Eating: 8pm	Start Eating: 12pm Stop Eating: 8pm	Start Eating: 12pm Stop Eating: 8pm	Start Eating: 12pm Stop Eating: 8pm	Start Eating: 12pm Stop Eating: 8pm

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Monthly Fasting Template (recommend placing this in a visible area that you frequent often as a reminder)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

See Examples in Jason Fung's Book *The Complete Guide to Fasting* on pages 201-204 and 257-259*.

*Don't attempt fasts longer than 16 hours if you're on Blood Pressure medications, blood sugar lowering medications, and/or insulin without seeing your doctor first.