

Intermittent Fasting Worksheet

Below are examples of time-restricted eating schedules, with varying windows.
You can use these as a template to plan your day.



Eating window

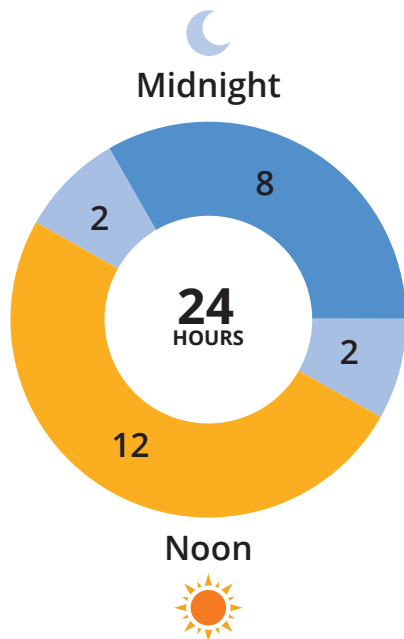


Fasting and awake

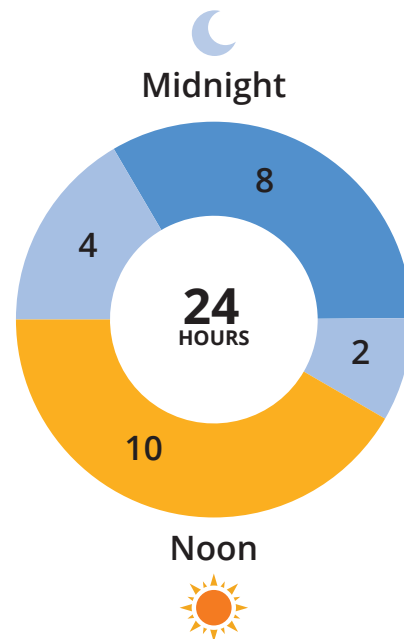


Fasting and asleep

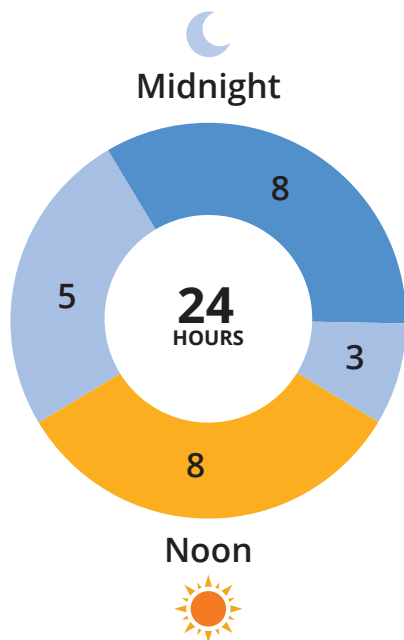
12:12 Fasting Day



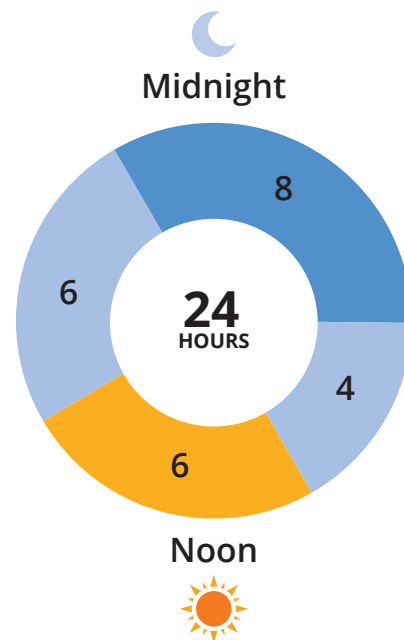
14:10 Fasting Day



16:8 Fasting Day (Early window)

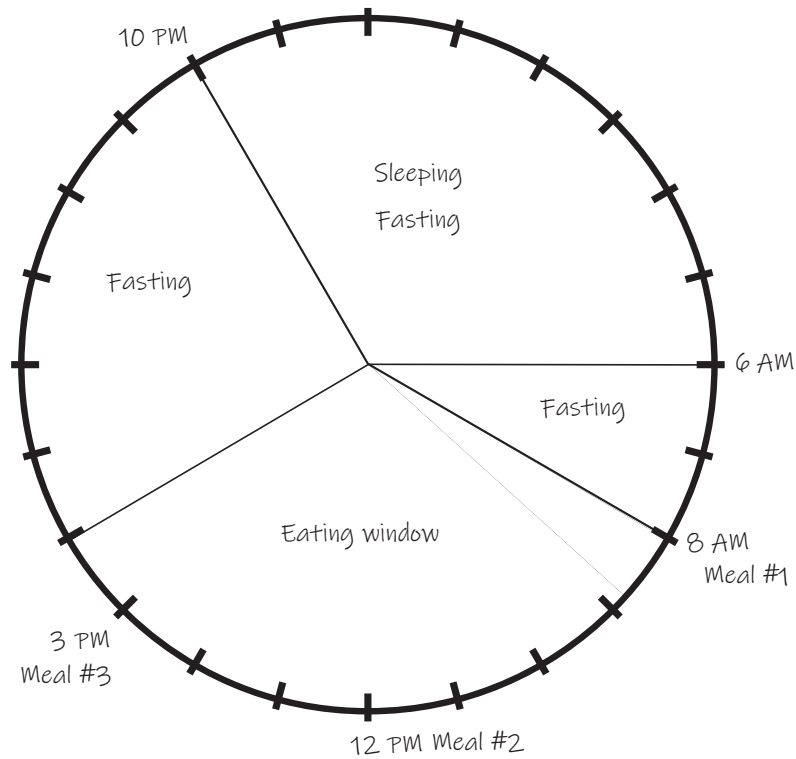


18:6 Fasting Day (Intense)



(example for 16:8)

Your fasting schedule



Time	Patient Activity	Time	Patient Activity
10 PM -6 AM	Sleeping	2 PM	
6 AM	Hydration; coffee/noncaloric drinks. Meditation—30 min.	3 PM	Meal #3—Last meal; supplement opportunity #3
7 AM	Strength training 30-60 min.	4 PM	Fast begins—catch up on hydration before 7 PM
8 AM	Meal #1—Largest meal; supplement opportunity #1	5 PM	
9 AM	Hydrate	6 PM	
10 AM	10-20 minutes daylight exposure before 10 AM	7 PM	Dim lights/minimize screen use
11 AM	Hydrate	8 PM	
12 PM	Meal #2—supplement opportunity #2	9 PM	Prep for bed; supplement opportunity (no calories)
1 PM	Hydrate	10 PM	Lights out—bedtime

Intermittent fasting schedules

Below are examples of time-restricted eating schedules, with varying windows. You can use these as a template to plan your day.

Time-Restricted Eating							
Week number:							
Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 AM—8 AM							
8 AM—4 PM							
4 PM—6 AM							

Time-Restricted Eating							
Week number:							
Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 AM—12 PM							
12 PM—8 PM							
8 PM—6 AM							

Time-restricted eating

- Eat within a specified window each day
- Fasting portion lasts 12–18 hours (16 is most popular)
- Also known as 16:8 (fasting:eating)
- Eating window can be moved
- Calories not typically counted

Alternate-Day Fasting							
Week number:							
Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Fast		Fast		Fast		Fast
	Breakfast		Breakfast		Breakfast		Breakfast
	Lunch		Lunch		Lunch		Lunch
	Dinner		Dinner		Dinner		Dinner
	Fast until next scheduled breakfast		Fast until next scheduled breakfast		Fast until next scheduled breakfast		Fast until next scheduled breakfast

Modified Alternate-Day Fasting							
Week number:							
Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Fast		Fast		Fast		Fast
	Breakfast		Breakfast		Breakfast		Breakfast
	125% calories today		125% calories today		125% calories today		125% calories today
	Lunch		Lunch		Lunch		Lunch
	Dinner		Dinner		Dinner		Dinner
	Fast until next scheduled breakfast		Fast until next scheduled breakfast		Fast until next scheduled breakfast		Fast until next scheduled breakfast

Alternate-day fasting

- Complete fasting every other day
- Fast starts after dinner of previous day
- Long fasting period—36+ hours common
- Calories can be accounted for, but not always
- Can be modified:
 - o Eating day = 125% calories
 - o Fasting day = 25% calories

Week 5:2 (option A)							
Week number:							
Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Eating day #1	Eating day #2	Eating day #3	Eating day #4	Fasting day or limited calories	Eating day #5	Fasting day or limited calories

Week 5:2 (option B)							
Week number:							
Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Eating day #1	Eating day #2	Fasting day or limited calories (500-1,000 kcal)	Eating day #3	Eating day #4	Eating day #5	Fasting day or limited calories (500-1,000 kcal)
				3 days No calorie restrictions			

5:2 (Nonrestricted:fasting)

- Complete fasting 2 days per week
- Can vary timing between fasting days
- Can be modified:
 - o Fasting day = 500—1,000 kcal/day

Time-Restricted Eating

Week number:

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 AM—8 AM							
8 AM—4 PM							
4 PM—6 AM							

Time-Restricted Eating

Week number:

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6 AM—12 PM							
12 PM—8 PM							
8 PM—6 AM							

Alternate-Day Fasting

Week number:

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Fast	Fast Only water and noncaloric drinks	Fast	Fast Only water and noncaloric drinks	Fast	Fast Only water and noncaloric drinks	Fast
	Breakfast		Breakfast		Breakfast		Breakfast
	Lunch		Lunch		Lunch		Lunch
	Dinner		Dinner		Dinner		Dinner
	Fast until next scheduled breakfast		Fast until next scheduled breakfast		Fast until next scheduled breakfast		Fast until next scheduled breakfast

Modified Alternate-Day Fasting

Week number:

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Fast	Modified Fast 25% calories	Fast	Modified Fast 25% calories	Fast	Modified Fast 25% calories	Fast
	Breakfast		Breakfast		Breakfast		Breakfast
	125% calories today		125% calories today		125% calories today		125% calories today
	Lunch		Lunch		Lunch		Lunch
	Dinner		Dinner		Dinner		Dinner
	Fast until next scheduled breakfast		Fast until next scheduled breakfast		Fast until next scheduled breakfast		Fast until next scheduled breakfast

Week 5:2 (option A)

Week number:

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Eating day #1	Eating day #2	Eating day #3	Eating day #4	Fasting day or limited calories (500-1,000 kcal)	Eating day #5 1 day No calorie restrictions	Fasting day or limited calories (500-1,000 kcal)
<p>4 days No calorie restrictions</p>							

Week 5:2 (option B)

Week number:

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Eating day #1	Eating day #2	Fasting day or limited calories (500-1,000 kcal)	Eating day #3	Eating day #4	Eating day #5	Fasting day or limited calories (500-1,000 kcal)
			<p>3 days No calorie restrictions</p>				