

# CIRCADIAN RHYTHM FASTING SCHEDULE

Alignment with the natural light-dark cycle

Date: \_\_\_\_\_ Goal: 13:11 (Circadian Standard)

<b>TIME WINDOW</b>	<b>PHASE / ACTIVITY</b>	<b>DAILY CHECK</b>
<b>06:00 - 07:00</b>	Sunrise / Hydration	<i>Water/Tea only</i>
<b>07:00 - 08:00</b>	First Meal (Break-fast)	<i>High protein</i>
<b>12:00 - 13:00</b>	Mid-day Meal	<i>Largest meal</i>
<b>17:00 - 18:00</b>	Final Meal (Sunset)	<i>Light/Easy digest</i>
<b>18:00 - 22:00</b>	Fasting / Dim Light	<i>Metabolic rest</i>
<b>22:00 - 06:00</b>	Deep Sleep / Repair	<i>Autophagy window</i>

## **Guidelines:**

- Stop all caloric intake within 2 hours of sunset.
- Hydrate aggressively during the fasting window with plain water.
- Prioritize morning sunlight exposure to anchor the rhythm.