

ADVANCED IF SCHEDULE

Protocol: 20:4 (Warrior Diet) Cycle: Weekly Target Goal: _____

DAY	FASTING WINDOW	EATING WINDOW	ACTIVITY / FOCUS
Monday	12:00 AM - 4:00 PM	4:00 PM - 8:00 PM	Strength Training (Low Intensity)
Tuesday	12:00 AM - 4:00 PM	4:00 PM - 8:00 PM	Cardio / HIIT
Wednesday	12:00 AM - 4:00 PM	4:00 PM - 8:00 PM	Active Recovery
Thursday	12:00 AM - 6:00 PM	6:00 PM - 10:00 PM	Strength Training (High Intensity)
Friday	12:00 AM - 4:00 PM	4:00 PM - 8:00 PM	Yoga / Flexibility
Saturday	OMAD	6:00 PM - 8:00 PM	Deep Autophagy Day
Sunday	Flexible 16:8	12:00 PM - 8:00 PM	Metabolic Reset / Social

Daily Performance Notes:

Track energy levels, hydration, and sleep quality here...

Recommended fluids during fast: Water, Black Coffee, Green Tea.