

CIRCADIAN RHYTHM EATING SCHEDULE

Alignment with Natural Light Cycles

Date Range: _____

Goal Window: 10:14 (Eating:Fasting)

Time Period	Phase	Protocol / Activity
06:00 - 08:00	FASTING	Sunrise / Hydration / Light Movement
08:00 - 09:00	WINDOW OPEN	First Meal (High Protein/Healthy Fats)
12:00 - 14:00	MID-DAY	Largest Meal / Peak Digestive Enzyme Activity
17:00 - 18:00	WINDOW CLOSE	Final Light Meal / Sunset Alignment
18:00 - 22:00	FASTING	Melatonin Onset / Digestion Completion
22:00 - 06:00	DEEP REST	Cellular Repair / Metabolic Regulation

Daily Observations:

(Energy levels, sleep quality, hunger cues...)

