

INTERMITTENT FASTING SCHEDULE

Protocol: 16:8 Lean Gains Method

Date Range: _____ Target Window: 12:00 PM - 8:00 PM

TIME PERIOD	STATE	ACTIVITY / INTAKE GUIDELINES	DONE
08:00 AM	<i>Fasting</i>	Water, Black Coffee, or Unsweetened Tea	[]
10:00 AM	<i>Fasting</i>	Hydration Focus (Electrolytes if needed)	[]
12:00 PM	Eating Window	Meal 1: High Protein & Healthy Fats	[]
03:30 PM	Eating Window	Snack: Fruit, Nuts, or Greek Yogurt	[]
07:00 PM	Eating Window	Meal 2: Balanced Protein, Carbs & Veggies	[]
08:00 PM	<i>Fast Begins</i>	Window Closed - Herbal Tea only	[]
10:30 PM	<i>Fasting</i>	Rest & Sleep Cycle	[]

Daily Energy Levels / Mood
Water Intake (Liters)

Weekly Progress Notes

Template Example Only â€¢ Consult a physician before starting any fasting protocol.