

16:8 INTERMITTENT FASTING SCHEDULE

Start Date: _____

Goal Weight: _____

TIME BLOCK	PHASE	RECOMMENDED ACTIVITY / NOTES
08:00 AM	FASTING	Black coffee, tea, or water. Hydrate well.
10:00 AM	FASTING	Deep work / Peak focus time.
12:00 PM	EATING	First Meal (Break-fast). High protein & fiber.
03:30 PM	EATING	Optional healthy snack or fruit.
07:30 PM	EATING	Final Meal. Balanced macros.
08:00 PM	FASTING	Eating window closed. Herbal tea only.
11:00 PM	FASTING	Sleep cycle (Rest & Repair).

Daily Progress & Reflections: