

INTERMITTENT FASTING SCHEDULE

Daily Meal Timing & Protocol Tracker

PROTOCOL TYPE 16:8 Standard

FAST WINDOW 8:00 PM - 12:00 PM

EATING WINDOW 12:00 PM - 8:00 PM

DATE/WEEK _____

| TIME | PHASE | ACTIVITY / INTAKE |
|-----------------|----------------|---|
| 06:00 AM | <i>Fasting</i> | Hydration (Water, Black Coffee, or Tea) |
| 09:00 AM | <i>Fasting</i> | Deep Hydration / Mental Focus Period |
| 12:00 PM | Feeding | Meal 1: (Break-fast) High Protein/Healthy Fats |
| 03:30 PM | Feeding | Snack: Nutrient dense (Nuts, Berries, etc.) |
| 07:00 PM | Feeding | Meal 2: Balanced Dinner |
| 08:00 PM | <i>Fasting</i> | Fasting Window Begins / Herbal Tea |

DAILY OBSERVATIONS & ENERGY LEVELS

Consult with a healthcare professional before starting any new dietary protocol.