

INTERMITTENT FASTING SCHEDULE

Weekly Routine & Window Tracker

METHOD	FASTING WINDOW	EATING WINDOW	BEST FOR
16:8	8:00 PM - 12:00 PM	12:00 PM - 8:00 PM	Beginners
18:6	6:00 PM - 12:00 PM	12:00 PM - 6:00 PM	Weight Loss
20:4	8:00 PM - 4:00 PM	4:00 PM - 8:00 PM	Advanced
OMAD	23 Hours	1 Hour	Deep Autophagy
5:2	2 Days (Low Cal)	5 Days (Normal)	Flexibility

DAILY PROGRESS NOTES

Template: IF-STD-001 | Hydrate with water, black coffee, or tea during fasting windows.