

MOST POPULAR INTERMITTENT FASTING SCHEDULES

	Description	Samples	Pro	Con	Who it's for
16/8	Eat during an 8-hour window, fast for 16 hours.	Eat between 9am-5pm Eat between 11am-7pm Eat between noon-8pm	Fits easily into most lifestyles	It can be difficult to go 16 hours without food if you're new to fasting	Suitable for nearly everyone unless you have a history of eating disorder or your doctor doesn't approve.
12/12	Eat during a 12-hour window, fast for 12 hours	Eat between 6am-6pm Eat between 8am-8pm Eat between 10am-10pm	Requires minimal effort; unlikely to experience any hunger pangs	Smaller fasting window means it'll take longer to see benefits	Great for easing your way into a fasting plan or if you're new to fasting
20-Hour Fast (Warrior Diet)	Eat during a 4-hour window, fast for 20 hours	Eat between noon-4pm Eat between 4pm-8pm Eat between 6pm-10pm	Great for a hectic lifestyle, since you only have to worry about eating for 4 hours of your day	It can be tough to go for 20 hours without food	Someone with experience with fasting looking for quicker results
24-Hour Fast	Don't eat anything for a full 24 hours	Monday: stop eating by 7pm Tuesday: wait until 7pm to start eating	Great way to reset your digestive system	Not recommended to do more than TWO 24hr fasts per week	Anyone with a busy schedule, no need to worry about preparing food for a full day
5:2 Diet	Choose two non-consecutive days of the week and limit yourself to 500-600 calories on those two days.	Mon: 500-600 calories Tue: normal caloric intake Wed: normal caloric intake Thurs: 500-600 calories Fri: normal caloric intake Sat: normal caloric intake Sun: normal caloric intake	You never have to face any period of time where you can't eat	You need to be meticulous about measuring portion sizes and counting calories	Great for anyone who doesn't want to ever have to go without at least some food.

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Tim Ferriss 3-Day Fast Protocol	Fast for 3 full days, eating nothing but MCT oil or other ketone sources	Thurs: stop eating by 6pm Fri: take a long walk and eat nothing except ketones Sat: eat nothing except ketones Sun: break your fast at 6pm	Proven to get you into ketosis quickly	Fasting for this long can be very difficult if you're not used to it	Anyone highly motivated to jumpstart a fasting regimen
Alternate Day Fasting	Pick any fasting schedule and just implement it on alternating days	Follow the 16/8 plan only on Monday, Wednesday and Friday	Makes any intermittent fasting plan more manageable	Might take longer to see health benefits	Anyone not ready to commit to daily fasting; also recommended for women
36-Hour Fast	Fasting straight for 3 days without any consumption of calories	Fri: don't eat after 7pm Sat: fast Sun: fast Mon: have breakfast after 7am	An excellent, proven medical solution for improving Type 2	Quite difficult to implement	Anyone trying to manage insulin sensitivity; doctor supervision recommended