

Ultimate Guide to Common Intermittent Fasting Schedule

Name of Plan	Description	Samples	Additional Notes
16/8	Eat during an 8-hour window, fast for 16 hours	Eat between 9am-5pm Eat between 11am-7pm Eat between 12pm-8pm	You can adopt this schedule every day, 5 days/week, or even just on alternating days
18/6	Eat during a 6-hour window, fast for 18 hours	Eat between 8am-2pm Eat between 10am-4pm Eat between 12pm-6pm	You can use this schedule up to 5 days per week. The other 2 days you can follow the 16/8 plan or no plan at all
24 hours	Don't eat anything for a full 24 hours	Mon: Stop eating by 7pm Tue: Wait until 7pm to start eating	Not recommended to do more than TWO 24 hour fasts per week.
5:2	Choose 2 non-consecutive days of the week and limit yourself to 500-600 calories on those 2 days.	Mon: 500-600 calories Tue: Normal caloric intake Wed: Normal caloric intake Thur: 500-600 calories Fri: Normal caloric intake Sat: Normal caloric intake Sun: Normal caloric intake	You can eat normally on the other 5 days of the week