

Intermittent Fasting

Fitness & Diet

PLANNER

COMPREHENSIVE

GUIDE TO INTERMITTENT

FASTING PROTOCOLS

FASTING PROTOCOL	DESCRIPTION
Alternate Day “Every Other Day”	Alternate 24 hour fasts with normal ‘eating to satisfaction’ days.
1 Day/Week	One 24 hour fast per week
Eat Stop Eat	One to Two 24-hour fast per week
Unto the 9th hour	Abstain from food until 3PM. Eat until 6PM <i>Suggest: 3PM meal be completely raw</i>
One Meal Per Day	One large meal per day. You choose the timing.
Natural Night Fasting	Stop eating sooner in the evening (5pm-8pm)
16/8 or Leangains	Limit eating window to 8 hours per day <i>Suggest: work out fasted</i>
5:2 Diet or Fast Diet	Restrict calories to under 500 calories two days per week (for women, 600 for men)
Warrior Diet, “20 hour fast”	Fast or lightly graze on raw fruits/veggies during day. Eat one large meal at night. 4 hour eating window
Fast 5	Limit eating window to 5 hours
Feast/Fast	Cheat day(required) followed by once/week fast day. <i>Suggest: Monday as fast day.</i>
36 Hour Fasting	Fast from dinner day 1 to breakfast day 3 (typically 30-36 hours)
Spot Fasting	Skip one or two meals randomly from time to time
Skipping Dinner	Spot fasting where you skip dinner
Intermittent Juice Fasting	Use any IF protocol but juice fast instead of water. <i>Suggest: benefits without deprivation</i>

MY IF PLAN

FASTING PROTOCOL	
EATING WINDOW	
DAY(S) I WILL FAST	M T W T F S S

*Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do it.
-Lou Holtz*

GOALS & Motivation

Starting Weight	Goal Weight

PROGRESS CHART

Date	Weight	L/R Arm	L/R Leg	Chest	Waist	Hip

INTERMITTENT FASTING BENEFITS

- *Absence of hunger and sugar cravings*
- *Improved heart health*
- *Increased brain function*
- *Chronic disease prevention*
- *Protects against alzheimers*
- *Increased life span*
- *Increased insulin sensitivity*
- *Increased mitochondrial energy efficiency*
- *Decreased oxidative stress*
- *Increased capacity to resist stress, disease, & aging*
- *Weight Loss*

My Personal Intermittent Fasting Benefits:

Week of...

DAY	START TIME	1ST MEAL	2ND MEAL	3RD MEAL	END TIME
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

Week of...

DAY	START TIME	1ST MEAL	2ND MEAL	3RD MEAL	END TIME
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

Notes

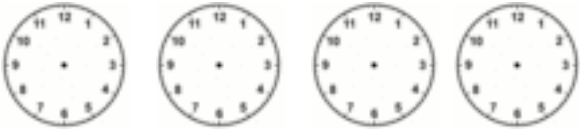
Monday	Tuesday	Wednesday

Thursday	Friday	Saturday	Sunday

Shopping List

EATING WINDOWS

Monday	Tuesday	Wednesday	Thursday
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Friday	Saturday	Sunday
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Daily Habits

"I fast for greater physical and mental efficiency." - Plato

2015

October						
M	T	W	T	F	S	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2016

January						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
M	T	W	T	F	S	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

March						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April						
M	T	W	T	F	S	S
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May						
M	T	W	T	F	S	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Journal

TODAY'S DATE

“In the afternoon the digestion of the meal deprives me of the incomparable lightness which characterizes the fast days.”
Adalbert de Vogüé, *Aimer Le Jeune: L'Experience Monastique*

“In a fast, the body tears down its defective parts and then builds anew when eating is resumed.”
Herbert M. Shelton, *Fasting for Renewal of Life*

Journal

TODAY'S DATE

“When a person eats shortly before going to bed, digestion accompanies sleep. The two great physiological functions are completed together, leaving the maximum of freedom to the mind during the day.”

Testimonial: I began 5:2 fasting in April in a desperate attempt to help my brain find it's way out of PTSD which had a crippling hold on me for 3 years. As I began fasting two days per week I also discovered Paleo for improving brain function and so began on that path a short time after starting fasting. For the first few weeks I had horrible back of the brain headaches during the later part of my fast days, I think this had something to do with my brain being weaned off sugar onto fat.

Within a month my PTSD symptoms had disappeared and my brain function began to improve drastically. 6 months on and I have lost 15 kg and my brain is well and truly FIRING! So much so that I am thinking of going back to study. I haven't experienced any more PTSD symptoms and have been able to turn it into Selligman's post traumatic Growth- this was something I was unable to do before changing my diet and beginning fasting.

I still fast for 2 days most weeks, consuming under 500 calories for the day. Some days it doesn't work out but it is no big deal as I can do it tomorrow!

I wish I could explain what has happened in my brain. I went from very foggy brain, feeling like my intelligence had deserted me, unable to focus on anything other than things related to the trauma. Always an avid reader I was unable to finish a book, my ability to concentrate had deserted me. Now I feel like me again. My love of learning has returned and creative thought is part of my life again at long last.

I know that fasting started the healing process, it seemed to shake my brain out of a rut and get it going again to find it some food. Going grain and sugar free and eating more fat has no doubt helped the process along. I plan on maintaining these dietary habits for the rest of my life and would encourage everyone to try fasting- its not as hard as it seems and the rewards are there. Perhaps there is room to use fasting to treat brain disorders like PTSD- it worked for me.

--Chris Ferguson

Journal

TODAY'S DATE

Albert Einstein, the man known happy fasting. When he died he donated the body (and brain) for science. The scientists found that the neuroglial cells in Einstein's brain was 73% more than the average person. In other words, the brain and the mind of Albert Einstein, in the context of science, expressed "very clear".