

**1) Before you start, read our Beginner's Guide to Intermittent Fasting**, which includes a specific section for women.

**2) Pick the protocol that works with your lifestyle (explained further below):**

**16/8 Protocol:** 16 hours of fasting, 8 hours of feasting every day.

**24-hour fast Protocol:** 24 hours of fasting 1x-2x per week, eat normally otherwise.

**3) Give your body time to adjust!** You might not really be hungry, you've just trained your body to expect food every 2 hours over many years. This could take many days. Treat this like a 1-month experiment. See how your body responds, and adjust along the way

**4) Drinking water, black coffee, or black/green tea during your fasted period is acceptable, but no liquid calories!** Avoid all calories during fasting, and confine all eating to the "feasting" window. If cream/milk/sugar/diet soda makes life worth living to you, add it to your coffee. 95% compliance is better, especially when building the habit and transitioning to IF, than giving up the things you love and then abandoning the practice before the habit begins.

**5) Exercise during a fast for a turbo boost of fat loss.** Fasted morning walks and strength training during the fasted window can help reduce body fat. If you get lightheaded, drink plenty of water. Make sure you are consuming enough calories during your 'feasting' window to fuel your lifestyle. Read the full article for questions adding Branch-Chain Amino Acids BCAA supplementation (advanced).

**6) Consume enough calories for your body type and goals.** During your feasting window, eat healthy sized meals that leave you full, and track your progress. Gaining weight? Reduce calories by 10%. Losing too much weight? Increase calories by 10%. Test, compare, learn, change, fix, test!

**7) Don't overthink it.** Traveling? Make that a fast day and avoid unhealthy airport food. Have a birthday brunch to attend? Eat breakfast that day and skip dinner instead. This is not all-or-nothing. Skip a meal if no healthy options are present: boom! You're intermittent fasting.

**8) Start with 16/8 or 24 hour fasts, but adjust it to your schedule.** Some people like 20/4, or 18/6. Or they do 24 hour fasts 2x per week instead of once. Make it work for your life.

**9) Combine this with other strategies for maximum effectiveness.** To become an actual superhero, Intermittent Fasting can and should be combined with exercise, a nutritious diet composed of vegetables, protein, and healthy fats, and plenty of sleep. Read [NerdFitness.com](http://NerdFitness.com) for other tips and tricks to level up your life, every single day

## 16/8 Protocol

**16/8 Protocol (Steve's preferred method):** fast every day for 16 hours, feast during an 8 hour window. Example: eat your first meal at 12pm, and stop eating by 8pm each day.

Here are two different examples - one in which you skip breakfast, one in which you skip dinner.

SKIP BREAKFAST	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Midnight	FAST	FAST	FAST	FAST	FAST	FAST	FAST
4:00 AM							
8:00 AM							
12:00 PM	First meal at 12pm	First meal at 12pm	First meal at 12pm	First meal at 12pm	First meal at 12pm	First meal at 12pm	First meal at 12pm
4:00 PM	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm	Last meal by 8pm
8:00 PM	FAST	FAST	FAST	FAST	FAST	FAST	FAST
Midnight							

SKIP DINNER	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Midnight	FAST	FAST	FAST	FAST	FAST	FAST	FAST
4:00 AM							
8:00 AM	First meal at 8am	First meal at 8am	First meal at 8am	First meal at 8am	First meal at 8am	First meal at 8am	First meal at 8am
12:00 PM	Last meal by 4pm	Last meal by 4pm	Last meal by 4pm	Last meal by 4pm	Last meal by 4pm	Last meal by 4pm	Last meal by 4pm
4:00 PM	FAST	FAST	FAST	FAST	FAST	FAST	FAST
8:00 PM							
Midnight							

- **If you start eating at: 7AM**, stop eating and start fasting at 3pm
- **If you start eating at: 11AM**, stop eating and start fasting at 7pm
- **If you start eating at: 2PM**, stop eating and start fasting at 10pm
- **If you start eating at: 6PM**, stop eating and start fasting at 2AM.

Print out the following page, hang it on your fridge, and start tracking the start and end of your fast and feast windows.

**Each day, give yourself a grade:**

- WIN - I fasted for 16 hours in a row or more
- MEH - I fasted for 12-16 hours
- FAIL - I fasted for less than 12 hours

**Here's a sample three days (a good day, an average day, and a bad day):**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Started eating at	12:30 PM	10:00 AM	12:15 PM				
Time since previous meal	16 hours	15 hours	15.75 hours				
Stopped eating at	7:30 PM	8:00 PM	3:00 AM				
Total time feasting	7 hours	10 hours	12 hours				
Win/Meh/Fail	WIN	Meh	Fail				

## 16/8 Protocol Worksheet

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Started eating at							
Time since previous meal							
Stopped eating at							
Total time feasting							
Win/Meh/Fail							

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Started eating at							
Time since previous meal							
Stopped eating at							
Total time feasting							
Win/Meh/Fail							

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Started eating at							
Time since previous meal							
Stopped eating at							
Total time feasting							
Win/Meh/Fail							

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Started eating at							
Time since previous meal							
Stopped eating at							
Total time feasting							
Win/Meh/Fail							

## 24 Hour Fast Protocol

Eat regularly most days, and then occasionally skip two meals back to back in day, so that you are taking 22-24 hours off from eating. This can be something you do every 4th day, once a week (maybe Sundays, or Wednesdays). This should work for your schedule, and if you only get 20ish or 22 hours, it's still a win. Do the best you can, but you don't need to be robotic about it.

### You can decide how you want to set up your 22-24 hour fast:

Eat dinner one night, skip breakfast and lunch next day, then eat dinner.

Eat breakfast one morning, skip lunch and dinner, then eat breakfast next morning.

Eat lunch one day, skip dinner that night, skip breakfast next morning, then eat lunch.

See both examples below. Upon consuming your last meal before a 24-hour fast, set the time on your phone or use the chart on the next page to determine when you should

Skip Breakfast and Lunch 1x	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Midnight	FAST	FAST	FAST	FAST	FAST	FAST	FAST
4:00 AM							
8:00 AM	Breakfast	Breakfast	Breakfast	Skip Breakfast	Breakfast	Breakfast	Breakfast
12:00 PM	Lunch	Lunch	Lunch	Skip Lunch	Lunch	Lunch	Lunch
4:00 PM	Dinner	Dinner	Dinner	First meal of day	Dinner	Dinner	Dinner
8:00 PM	FAST	FAST	FAST	FAST	FAST	FAST	FAST
Midnight							

Skip Lunch and Dinner 1x	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Midnight	FAST	FAST	FAST	FAST	FAST	FAST	FAST
4:00 AM							
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
12:00 PM	Skip Lunch	Lunch	Lunch	Lunch	Skip Lunch	Lunch	Lunch
4:00 PM	Skip Dinner	Dinner	Dinner	Dinner	Skip Dinner	Dinner	Dinner
8:00 PM							
Midnight							

**How to use the 24 Hour Fast Protocol Worksheet:** Print the sheet. Each day circle Normal or Fast, follow the above protocol, and eat accordingly.

**NORMAL DAY:** eat breakfast, lunch, dinner

**FAST DAY:** skip two meals in a row, eat your first meal of the day 24 hours after previous meal.

### Here's a sample week:

Normal or Fast?	NORMAL	NORMAL	FAST	NORMAL	NORMAL	NORMAL	FAST
Breakfast at	7:00 AM	7:30 AM		6:30 AM	8:00 AM	7:00 AM	
Lunch at	12:00 PM	1:00 PM		11:30 AM	1:30 PM	12:00 PM	
Dinner at	8:30 PM	7:00 PM	7:00 PM	8:00 PM	7:00 PM	8:00 PM	8:00 PM
Did you fast at least 22 hrs?			YES!				YES

## 24 Hour Fast Protocol Worksheet

Normal or Fast?	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast
Breakfast at							
Lunch at							
Dinner at							
Did you fast at least 22 hrs?							

Normal or Fast?	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast
Breakfast at							
Lunch at							
Dinner at							
Did you fast at least 22 hrs?							

Normal or Fast?	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast
Breakfast at							
Lunch at							
Dinner at							
Did you fast at least 22 hrs?							

Normal or Fast?	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast	Normal/Fast
Breakfast at							
Lunch at							
Dinner at							
Did you fast at least 22 hrs?							