



Fasting Ladder (Printable)

How to Use This Ladder

Print this page. Check off steps as you build fasting capacity. Hydrate, add electrolytes if needed, and break your fast with protein + fiber + healthy fat. Progress should feel steady, not punishing.

Weeks 1-2: 12:12 (Daily)

- Eat within a 12-hour window; fast 12 hours overnight.
- Example: 8am–8pm eating; 8pm–8am fasting.
- Goal: No late-night snacks.

Weeks 3-4: 16:8 (Most Days)

- Eat within an 8-hour window; fast 16 hours.
- Example: 10am–6pm or 11am–7pm.
- Coffee/tea OK during the fast; avoid sugar and cream.

Weeks 5-6: 18:6 (3-4 Days/Week)

- Choose calmer days to extend to 18:6.
- Optional later: one 24-hour fast after you feel adapted (not mandatory).

Break-Fast Blueprint

- Protein first (eggs, fish, poultry, Greek yogurt or cottage cheese if tolerated).
- Add fiber (greens/vegetables) + healthy fat (olive oil, avocado, ghee).
- Avoid ultra-processed foods when ending a fast.

Weekly Plan (Check Boxes)

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Target this week: _____ (12:12 / 16:8 / 18:6)

Notes: _____