Intermittent Fasting Schedule Printable: Free PDF, 4 Charts

Free printable. Full guide and tips: https://betterlifecarez.com/intermittent-fasting-schedule-printable/

Free Intermittent Fasting Schedule Printable: 4 Hour-by-Hour Charts

Each chart below is an example day. Slide the whole schedule earlier or later to fit your wake-up time.

Schedule 1: 12:12 Starter (Eat 7 AM to 7 PM)

Who it suits: first-timers and anyone who mainly wants to stop late-night snacking.

Time	What to do	Tip
7:00 AM	Breakfast, window opens	Add protein, like eggs or yogurt
10:00 AM	Optional snack	Fruit or a handful of nuts
12:30 PM	Lunch	Fill half the plate with vegetables
3:30 PM	Snack if hungry	Hummus and crunchy veggies
6:30 PM	Dinner	Finish eating by 7 PM
7:00 PM	Window closes	Water or herbal tea only
10:00 PM	Bedtime	Brush teeth to signal "done"

Schedule 2: 14:10 (Eat 8 AM to 6 PM)

Who it suits: people who felt fine on 12:12 and eat family dinners early.

Time	What to do	Tip
7:00 AM	Wake, drink water	About 8 ounces (240 ml)
8:00 AM	Breakfast, window opens	Protein plus fiber
12:00 PM	Lunch	Lean protein and whole grains
3:00 PM	Small snack	Apple with peanut butter
5:30 PM	Dinner	Make it a full meal
6:00 PM	Window closes	Sparkling water is fine
8:00 AM next day	Fast ends	About 14 hours done

Schedule 3: Classic 16:8 (Eat 12 PM to 8 PM)

Who it suits: people who aren't hungry in the morning and like later dinners.

Time	What to do	Tip

7:00 AM	Wake, water, black coffee	No sugar or cream
10:00 AM	Still fasting, stay busy	Hunger often comes in waves
12:00 PM	First meal, window opens	Balanced, not a feast
3:30 PM	Snack	Greek yogurt or edamame
7:00 PM	Dinner	Protein and vegetables first
8:00 PM	Window closes	Water or herbal tea
11:00 PM	Bedtime	Last bite 2 to 3 hours earlier

Schedule 4: Early 16:8 (Eat 8 AM to 4 PM)

Who it suits: early risers, day-shift workers and people who sleep worse after late meals.

Time	What to do	Tip
7:00 AM	Wake, water	Get some morning daylight
8:00 AM	Breakfast, window opens	Make it your biggest meal
11:30 AM	Lunch	Protein, vegetables, whole grains
2:00 PM	Snack	Cheese and whole-grain crackers
3:30 PM	Early dinner	Finish by 4 PM
4:00 PM	Window closes	Herbal tea for the evening
9:30 PM	Bedtime	Plan around social dinners

4-Week Intermittent Fasting Chart for Beginners

Week	Window	Fasting hours	Focus
Week 1	12:12	12	Stop after-dinner snacking
Week 2	13:11	13	Push breakfast one hour later
Week 3	14:10	14	Track hunger, energy, sleep
Week 4	16:8 or stay put	14 to 16	Keep what feels sustainable

What's Okay During the Fasting Hours

- Plain or sparkling water
- Black coffee
- Unsweetened tea, including herbal tea
- Not okay: juice, soda, sweetened drinks, snacks

Weekly Check-Off Tracker

Day	Window kept?	Enough water?	Energy (1 to 5)

Monday	Yes / No	Yes / No	1 2 3 4 5
Tuesday	Yes / No	Yes / No	1 2 3 4 5
Wednesday	Yes / No	Yes / No	1 2 3 4 5
Thursday	Yes / No	Yes / No	1 2 3 4 5
Friday	Yes / No	Yes / No	1 2 3 4 5
Saturday	Yes / No	Yes / No	1 2 3 4 5
Sunday	Yes / No	Yes / No	1 2 3 4 5

Missed a day? Circle "No" and start again at your next meal. One slip doesn't undo a week.