60 Days Beginner to Advanced

INTERMITTENT FASTING CHALLENGE



One of the biggest dieting trends these days is Intermittent fasting.

Intermittent fasting is more than just a trend, having been proven to bring a lot of health benefits in numerous studies.

MEDICAL DISCLAIMER

The information in this article, including but not limited to text, pictures, and other material, is provided solely for educational and informational purposes. The content in this article isn't intended to replace any professional medical advice, diagnosis, or treatment.

Always seek the opinion of your physician or another trained health care practitioner regarding any questions you may have about a medical condition or treatment, and never disregard professional medical advice or delay in getting it because of something you read in this article.

WHAT IS INTERMITTENT FASTING

If you don't already know, intermittent fasting (IF) is an eating pattern in which you alternate between eating and fasting intervals.

You can still consume the amount of food you usually eat, but only during a specific window of time during the day, known as your “eating window.”

Although it isn't the miracle solution to all of your weight and health problems as some people would like you to believe, it’s still extremely beneficial and healthy.

WHO IS IT FOR

Even though it can offer many benefits, certain groups of people should stay clear of intermittent fasting or consult with a healthcare professional.

These include:

- pregnant and breast-feeding women
- children
- people with hyperthyroidism
- people with a history of eating disorders
- people with advanced liver or kidney insufficiency
- people with cachexia
- people with cerebrovascular insufficiency or dementia
- people with dementia
- people with diabetes
- people with polycystic ovary syndrome
- people, who use medication that could potentially be problematic in the context of fasting (e.g. insulin users)
- people with any acute diseases
- If in any doubt, consult with your healthcare provider.

BENEFITS

There are plenty of benefits that this eating pattern offers. We'll list only the major ones that are backed up by sufficient research.

1.IF has a lot of positive effects on our hormones. It can lower blood sugar by 3-6 percent and insulin levels by 20-32 percent, reducing insulin resistance. This, in turn, will reduce your risk of developing type 2 diabetes.

2.Growth hormone may also be released during a fast. It provides a bunch of benefits, from fat loss and muscle gain to improved mood.

3.Fasting reduces cells called monocytes. These cells cause inflammation in your body, and since inflammation is a driver of many diseases, this is a great thing.

4.It may help you lose weight. Realistically, when doing a fast, you probably won't be eating as many calories as you usually would, which results in fat loss. In addition, your hormones balancing out might also help with weight loss, as we mentioned before.

5.It's shown to lower blood sugar levels, triglycerides, total and LDL cholesterol, blood pressure, and other inflammatory markers.

6.One of the world's most renowned anti-aging researchers, dr. David Sinclair advocates fasting as a method of increasing your lifespan.

7.And many, many more.

THE PROTOCOL

There are a lot of different intermittent fasting protocols. The main goal is to fast for at least 12 hours a day while you can eat during the time you have remaining.

The most popular protocol is 16:8, 19:5, and OMAD. 16:8 and 19:5 mean that you fast for 16 or 19 hours and eat for 8 or 5 hours.

Whenever you see numbers like this in a fasting contest, the smaller number is always the eating window (except 12:12.) I know, that sucks.

OMAD is an acronym from One Meal A Day, which means exactly what you think it means. You're only allowed to eat one meal a day or for one hour each day.





Some fasting methods include whole-day or multiple-day fasts. One 24-hour fast will be our ultimate goal for this challenge.

The most usual fasting period involves the time in which you sleep. It's kind of hard to make good use of an eating window if you're passed out on your bed.

The exact times that you choose don't really matter. For example, some people eat from 10 AM to 6 PM, while others eat at 8 AM and eat until 4 PM.

A FEW TIPS BEFORE WE START

Avoid refined sugar, as it will cause hunger cravings

Fasting won't be pleasant when first starting out, so you should do everything in your power not to make it worse.

Make sure you drink a lot of water

Thirst can often be misinterpreted as hunger, so try to drink water every time you feel hungry. It will also help you decrease hunger in general.

Drink coffee or tea

If you feel low on energy, try drinking some coffee or tea. Make sure you don't add any sugar, as that will break your fast.

Take ¼ of a teaspoon of olive oil in the morning

If you're taking vitamin D, A, E, or K first thing in the morning, make sure you consume them with a bit of olive oil, as those vitamins only dissolve in fats. This small amount of fat won't break your fast, so don't worry.

Try to eat clean

Intermittent fasting isn't an excuse to start eating 50 pounds of junk food every day. It can trick the laws of thermodynamics, meaning you will get fat. Try to eat as clean as possible, not just stuff yourself with junk.

Eat food that will make you full

Foods like vegetables and protein-rich food will make you feel fuller for longer, which is key to a pleasant fasting experience.





Monitor your progress

If your goal is to lose weight, make sure you get a few pictures before starting this journey. Also, use an online calculator to get your Total Daily Energy Expenditure (TDEE) to know how many calories you can eat to lose weight.

LET US BEGIN

This challenge will consist of 5 distinct phases, with the fasting intervals getting longer as we go.
Once again, make sure you talk to your doctor before starting this challenge.
Theoretically, there's a 6th phase which includes a full day fast, but you can also think of it as a part of the 5th phase.



Days 1-7 (12:12) – Humble Beginnings

We're starting with the easiest eating windows to get used to fasting.
You will probably feel uncomfortable and hungry but make sure you push through as this is only the beginning.
Trust me; it gets easier as time goes on.
You're allowed to eat within a 12-hour time period. For example, if you start your first meal at 8 AM, you can finish your last meal by 8 PM. Adjust the eating window to fit your schedule.
Try to clean up your diet and follow the tips provided above.

Days 8-14 (14:10) – Warming Up

It's starting to get a bit harder now!
Moving on to a 14-hour fasting period, where you're allowed to eat only during a 10-hour time frame.
If you start your first meal at 10 AM, you can finish your last meal by 8 PM. Adjust the eating window to fit your schedule.

Days 15-35 (16:8) – The Sweet Spot

You're now doing the most popular rendition of intermittent fasting!
People are usually pretty comfortable with the fast by this point, especially after the first 2 to 3 weeks.



This is a perfectly reasonable place to stay if you have no interest in progressing any further in the fast challenge. A full-day fast isn't necessary at all, and a lot of people live their lives doing a 16:8 fasting protocol.
This phase will be a bit more interesting than the last two because we will sprinkle in a few prolonged fasts thorough it.
If you start your breakfast at 10 AM, you must finish your last meal by 6 PM. Adjust the eating window to fit your schedule.

Day 22: 18:6
Day 30: 18:6

DAYS 36-50 (18:6) – INTERMEDIATE TERRITORY

We're getting closer to the end. Good job on staying consistent so far!
You're currently allowed to eat only during a 6-hour time frame. For example, if you start eating at 10 AM, you must finish your last meal before 4 PM. Adjust the eating window to fit your schedule.
We will also be doing a one-day 20:4 fast, preparing you for what's to come in the last ten days of the challenge.
Day 42: 20:4

DAYS 50-59 (20:4) – WARRIOR-TYPE STUFF

Good job, the end is closer than ever! Stay strong and do these nine days in a 20:4 fasting fashion.





If you start eating your breakfast/lunch at 1 PM, you need to finish your last meal before 5 PM. Adjust the eating window to fit your schedule.

DAYS 60 – FULL DAY FAST

This is it.
The magnum opus.
Make sure you stay hydrated during the whole day, and if you start feeling unwell at any point during the day, grab something to eat and consult a doctor if needed.

CHALLENGE TIME SHEET

1 12:12	2 12:12	3 12:12	4 12:12	5 12:12	6 12:12
7 12:12	8 14:10	9 14:10	10 14:10	11 14:10	12 14:10
13 14:10	14 14:10	15 16:8	16 16:8	17 16:8	18 16:8
19 16:8	20 16:8	21 16:8	22 18:6	23 16:8	24 16:8
25 16:8	26 16:8	27 16:8	28 16:8	29 16:8	30 18:6
31 16:8	32 16:8	33 16:8	34 16:8	35 16:8	36 18:6
37 18:6	38 18:6	39 18:6	40 18:6	41 18:6	42 20:4
43 18:6	44 18:6	45 18:6	46 18:6	47 18:6	48 18:6
49 18:6	50 20:4	51 20:4	52 20:4	53 20:4	54 20:4
55 20:4	56 20:4	57 20:4	58 20:4	59 20:4	60 24 h

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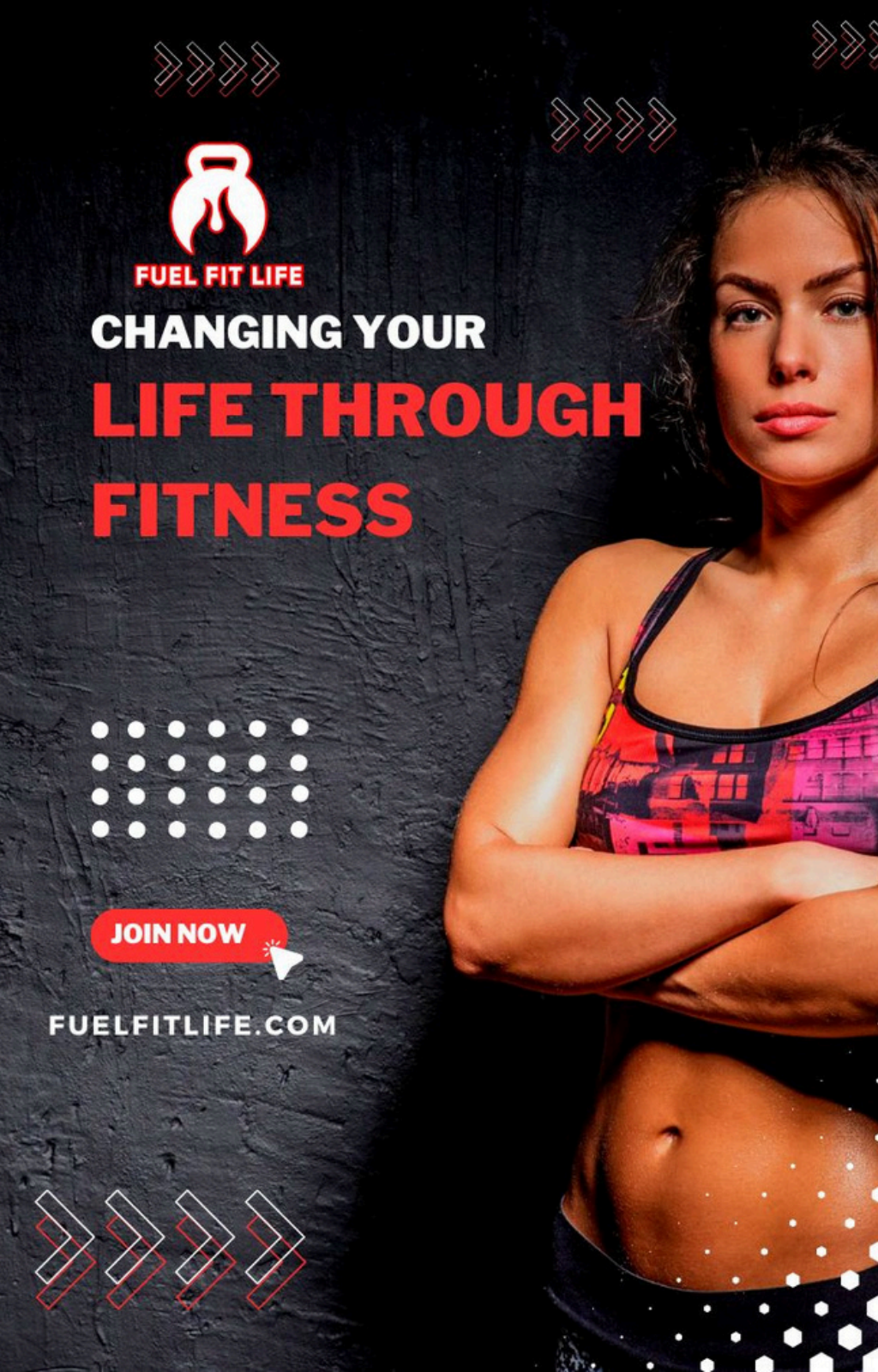
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