# Ultimate Guide to Common Intermittent Fasting Schedule

<table>
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<th>Name of Plan</th>
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| 16/8         | Eat during an 8-hour window, fast for 16 hours | Eat between 9am-5pm  
Eat between 11am-7pm  
Eat between 12pm-8pm | You can adopt this schedule every day, 5 days/week, or even just on alternating days |
| 18/6         | Eat during a 6-hour window, fast for 18 hours | Eat between 8am-2pm  
Eat between 10am-4pm  
Eat between 12pm-6pm | You can use this schedule up to 5 days per week. The other 2 days you can follow the 16/8 plan or no plan at all |
| 24 hours     | Don’t eat anything for a full 24 hours | Mon: Stop eating by 7pm  
Tue: Wait until 7pm to start eating | Not recommended to do more than TWO 24 hour fasts per week. |
| 5:2          | Choose 2 non-consecutive days of the week and limit yourself to 500-600 calories on those 2 days. | Mon: 500-600 calories  
Tue: Normal caloric intake  
Wed: Normal caloric intake  
Thur: 500-600 calories  
Fri: Normal caloric intake  
Sat: Normal caloric intake  
Sun: Normal caloric intake | You can eat normally on the other 5 days of the week |