FAST / WORKSHEET

Check the Fasting Promise

Choose a useful goal before choosing an eating window. A timer is a schedule tool, not a cellular test.

01 Check the claim

A timer does not measure autophagy in your organs. Separate weight, metabolic measures and lifespan. What exact result are you trying to improve?

My note

02 Check suitability

Discuss suitability first if pregnant or breastfeeding, underweight, frail, using glucose-lowering medication or living with an eating-disorder history. This sheet does not set a fasting duration or change medicines.

My note

03 Check the fit

Can the eating pattern support adequate nutrition and a workable social life? A stricter window is not automatically better. What burden would make you reconsider?

My note

FAST / EVIDENCE + NEXT STEP

What the evidence can tell you

A 12-month trial randomized 139 adults with obesity to calorie restriction with or without an 08:00-16:00 eating window. Both groups lost weight; the between-group difference was not statistically significant. It did not measure longer human life or establish a universal autophagy activation time.

Use this before deciding

- ☐ Write one goal and the observation you will use to review it.
- ☐ Separate what changed from what you think caused it.
- ☐ Agree a review point; avoid changing the goal to protect a streak.

My goal and measure

My review point / question for my clinician

Sources and scope

Liu et al. NEJM 2022. Randomized trial.
pubmed.ncbi.nlm.nih.gov/35443107/

NIA research overview: intermittent fasting.
nia.nih.gov/news/research-intermittent-fasting-shows-health-benefits/

Use individual history, symptoms and the actual clinical question to guide decisions. No personal treatment or medication adjustment is specified here.