

VISTA HUB · NUTRITION PLANNING 2026

Intermittent Fasting 16:8 Schedule Chart

Sample eating windows · weekly overview

Beginner tips · drinks · common mistakes

Print-friendly planning pages

FREE PRINTABLE PDF · A4 · ENGLISH

Vista Hub · vhoriginal.com

Original educational guide · Not medical advice

START HERE

What “16:8” Means

A 16:8 schedule divides a 24-hour day into a **16-hour fasting period** and an **8-hour eating window**. The clock is a planning tool, not a test of willpower. Choose a window that fits your sleep, work, family meals, energy, and healthcare needs.

Simple example: Finish dinner at 8:00 p.m., sleep, then open your eating window at 12:00 noon the next day. Your eating window is 12:00 noon–8:00 p.m.; the fasting window is 8:00 p.m.–12:00 noon.

Three sample schedules

Eating window	Fast begins	Fast ends / first meal	May suit
12:00–8:00	8:00 p.m.	12:00 noon	People who prefer lunch and dinner
1:00–9:00	9:00 p.m.	1:00 p.m.	Later work or social schedules
10:00–6:00	6:00 p.m.	10:00 a.m.	Early dinners and earlier mornings

Build the day around anchors

Anchor 1 • Last calories

Pick a realistic time to finish dinner or your final snack. A consistent evening cutoff can make the overnight fast easier to remember.

Anchor 3 • First meal

Open the window when you can eat calmly. A balanced first meal is usually easier than “making up” for the fast with a rushed feast.

Anchor 2 • Sleep

Protect sleep rather than forcing a late meal. If the window regularly makes you eat right before bed, consider moving it earlier.

Anchor 4 • Flexibility

One late meal does not erase a week. Resume your next planned window without punishment or extreme restriction.

Health check: Fasting is not appropriate for everyone. Read the safety note on page 7, and speak with a qualified clinician if you have a medical condition, take glucose-affecting medication, are pregnant or breastfeeding, or have a history of disordered eating.

PLAN THE WEEK

Weekly 16:8 Overview

Use this page to choose one main window, note your actual times, and make small adjustments. Consistency is useful, but a schedule that fits real life is more sustainable than a rigid rule.

Day	Fast ends / eating starts	Eating window ends	Check-in
Monday			Energy: ☐ low ☐ okay ☐ good
Tuesday			Hunger: ☐ low ☐ moderate ☐ high
Wednesday			Sleep: ☐ poor ☐ fair ☐ good
Thursday			Energy: ☐ low ☐ okay ☐ good
Friday			Social meal? ☐ no ☐ yes
Saturday			Activity: ☐ easy ☐ normal ☐ hard
Sunday			Ready for Monday? ☐ no ☐ yes

Example week using a 12:00–8:00 window

Time	Sample rhythm	Planning cue
7:00 a.m.	Wake, water, unsweetened tea or black coffee if desired	Keep the morning calm; do not “earn” food.
12:00 p.m.	First meal	Include protein, fiber-rich plants, and a satisfying carbohydrate or fat source.
3:30 p.m.	Optional meal or snack	Use hunger and plans to guide the choice, not a need to fill every hour.
7:00 p.m.	Dinner	Eat seated, slow down, and leave enough time before the cutoff.
8:00 p.m.	Fast begins	Water and other fasting-compatible drinks; brush teeth if helpful.

Busy-day adjustment

If lunch must be early, use 10:00–6:00. If dinner runs late occasionally, shift the next day gently instead of skipping needed nourishment.

Training-day adjustment

Plan workouts around energy and recovery. Some people train comfortably fasted; others perform better after a meal. There is no universal best time.

CHOOSE YOUR WINDOW

Schedule Chart + Daily Planner

Quick comparison

Option	Eating window	Fasting window	Practical advantage
A	12:00–8:00	8:00 p.m.–12:00 noon	Includes a conventional dinner
B	1:00–9:00	9:00 p.m.–1:00 p.m.	Fits later evenings
C	10:00–6:00	6:00 p.m.–10:00 a.m.	Earlier finish and earlier first meal
D	11:00–7:00	7:00 p.m.–11:00 a.m.	Middle-ground starting point

My chosen window

Eating starts: Eating ends: Target days: ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S

Why this window fits my life:

Meal map

Place	What I will plan	Notes / groceries
First meal time:		
Middle meal / snack time:		
Last meal time:		

Balanced plate reminder: Build meals from foods you enjoy and tolerate: a protein source, vegetables or fruit, a fiber-rich carbohydrate where useful, and a source of fat. The chart sets timing; it does not prescribe a menu or calorie target.

Before you start

- ☐ I can keep water available during the day.
- ☐ I have a plan for meals inside the window.
- ☐ I know which symptoms mean I should stop and seek advice.
- ☐ I am choosing this schedule for a practical reason, not self-punishment.

DURING THE FAST

What to Drink + How to Handle Hunger

Common fasting-compatible choices

Drink	Keep it simple	Watch for
Water	Still or sparkling; sip according to thirst.	Do not force extreme amounts.
Unsweetened tea	Herbal, green, or black tea without sugar.	Caffeine can affect sleep, jitters, or reflux.
Black coffee	Plain coffee if you already tolerate it.	Milk, sugar, syrups, and large amounts may not fit your chosen fast; coffee is not a substitute for sleep.
Plain mineral water	A practical option for variety.	Check labels if flavored or sweetened.

There is no need to “hack” the fast. Sweetened drinks, creamers, juice, alcohol, and calorie-containing supplements end a calorie-free fast. If a drink makes you feel unwell, skip it. Personal medical plans can be different.

Hunger: pause, check, choose

1 • Pause

Notice the feeling for a few minutes. Drink water, change rooms, or take a short walk if comfortable.

2 • Check

Ask: am I thirsty, bored, stressed, tired, or genuinely hungry? Hunger is information, not a character flaw.

3 • Choose

If you feel weak, dizzy, confused, shaky, or otherwise unwell, end the fast and seek appropriate medical guidance.

4 • Learn

Repeated intense hunger may mean the window is too long, meals lack satisfaction, or the approach is not a fit right now.

Open the window comfortably

- 1. Start with a normal meal rather than a reward-sized feast.
- 2. Eat slowly enough to notice fullness and drink to thirst.
- 3. Include food that supports your day: protein, fiber, and enjoyable flavor.
- 4. Wait before adding more if you are unsure; the next meal does not have to be perfect.

Stop and get help when needed: fainting, confusion, chest pain, severe weakness, repeated vomiting, severe shortness of breath, or symptoms of low blood sugar need urgent attention. Do not use this chart to manage a medical emergency.

START GENTLY

Beginner Tips + Common Mistakes

A calmer first week

Step	Try this	Purpose
1. Observe	Write down your usual last meal and first meal for three days.	Start with your real routine.
2. Shorten	Move the first meal later or the last meal earlier by 30–60 minutes.	Reduce the shock of a long change.
3. Stabilize	Use one reasonable window for several days.	Learn what your energy and hunger feel like.
4. Review	Note sleep, mood, training, hunger, and practical fit.	Decide whether to keep, adjust, or stop.

Common mistakes to avoid

Going from zero to strict

A sudden 16-hour fast can feel harder than necessary. A gradual shift may be more useful and easier to assess.

Overcompensating

Eating rapidly or far past comfort at the window's opening can make the approach miserable. Slow down and check in.

Ignoring sleep

Keeping a late eating window that crowds bedtime may undermine recovery. Consider an earlier window.

Using only beverages

Coffee and tea do not replace food, sleep, hydration, or a medical plan.

Under-eating all day

Fasting is not a requirement to skip nourishing food once the window opens. Plan satisfying meals.

Chasing perfection

A flexible schedule can still be useful. Do not turn one changed day into a reason to punish yourself.

When to adjust or stop

- Your energy, mood, sleep, concentration, or exercise performance repeatedly worsens.
- You feel preoccupied with food, compelled to restrict, or pulled toward binge-and-restrict cycles.
- Your schedule conflicts with medication, treatment, pregnancy, breastfeeding, or a clinician's instructions.
- You are doing it because of pressure or guilt rather than a choice that feels supportive.

Beginner target: Finish the week knowing more about your routine—not proving that you can tolerate the longest fast.

PRINT AND REVIEW

Weekly Log · FAQ · Safety Disclaimer

One-week check-in

Day	Window followed?	Energy / sleep note	What I learned
Mon	☐ yes ☐ partly ☐ no		
Tue	☐ yes ☐ partly ☐ no		
Wed	☐ yes ☐ partly ☐ no		
Thu	☐ yes ☐ partly ☐ no		
Fri	☐ yes ☐ partly ☐ no		
Sat	☐ yes ☐ partly ☐ no		
Sun	☐ yes ☐ partly ☐ no		

Quick FAQ

Is 16:8 required for results? No. Meal timing is one possible structure, not a guarantee or a universal requirement.

Can I change the window? Yes. A practical 10:00–6:00 or 11:00–7:00 window may fit better than a later one.

What if I miss a day? Resume a normal eating pattern and reassess. Avoid compensating with an extreme fast.

Clear NOT MEDICAL ADVICE disclaimer: This PDF is general educational information, not medical advice, diagnosis, treatment, nutrition therapy, or a personalized plan. Intermittent fasting may be unsuitable for children and teens, people who are pregnant or breastfeeding, anyone with a history of eating disorders, people with diabetes or other conditions requiring regular food or medication timing, and others with individual health needs. Speak with a qualified healthcare professional before changing meal timing, especially if you take medication or have a medical condition. Stop and seek appropriate care for concerning symptoms. Never delay urgent care because of this chart.

Vista Hub / voriginal.com does not guarantee outcomes and is not responsible for decisions made from this general guide. Use the worksheets as prompts, respect your body's signals, and follow advice from your own healthcare team.

Plan with flexibility. Nourish with intention.

Vista Hub · Original Intermittent Fasting 16:8 Schedule Chart · 2026