

Intermittent Fasting Ketosis Diet Chart

Name: Norman Jennings Age: 31

Gender: Male Weight: 75 kg Height: 175 cm

Medical History: None

Current Medications: None

Lifestyle Habits: Regular exercise, no smoking, occasional alcohol consumption

Fasting Tracker

Fasting Hours	Meal Window	Ketosis Stage
16 hours	8 hours	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> N/A
18 hours	6 hours	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
16 hours	8 hours	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> N/A
12 hours	12 hours	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> N/A
14 hours	10 hours	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> N/A