

The Window Fit Filter Worksheet

Use this after noticing where fasting friction is showing up and before beginning the three-day experiment. The goal is to choose one schedule that fits your sleep, work, meals, hunger, and real life—not to force a longer fast.

1. Compare The Options

Schedule example	What to consider
Approximately 12 hours between the last meal and first meal	Does it fit your sleep, work, meals, and current level of hunger?
Approximately 13 to 14 hours between the last meal and first meal	Can you repeat it without delaying meals, disrupting sleep, or pushing through concerning symptoms?
A longer schedule	Is it already familiar, appropriate for you, and genuinely compatible with your daily life? It is not automatically better.

Circle the option that:

- ☐ Fits your usual wake and bedtime.
- ☐ Leaves room for regular meals.
- ☐ Does not require you to change medication timing.
- ☐ Does not require you to ignore persistent or concerning symptoms.
- ☐ Can be repeated for up to three days without turning the experiment into a test of endurance.

2. Make The Choice Concrete

Write down the last-meal time, first-meal time, eating window, and reason for your choice.

My last-meal time:

My first-meal time:

My eating window:

I chose this schedule because:

2. Make The Choice Concrete, continued

EXAMPLE

I will finish my last meal by 7:00 p.m. and have my first meal at 7:00 a.m. I chose this schedule because my sleep has been uneven and I want a simple structure that fits my workday.

Or: I will finish my last meal by 7:00 p.m. and have my first meal at 9:00 a.m. I chose this schedule because it fits my usual morning and does not move dinner later.

Keep the reason connected to your observations, not your inner critic. Do not write, “This is better because I should be able to handle it.” Write, “I chose this because it fits my current sleep, hunger, energy, and daily demands.”

3. When A Shorter Schedule May Be More Practical

A less demanding schedule may be more practical if you are already:

- ☐ Waking tired
- ☐ Relying heavily on coffee
- ☐ Experiencing persistent hunger
- ☐ Eating very small meals
- ☐ Feeling wired at night
- ☐ Struggling to recover from ordinary days

That does not prove that a shorter schedule will solve those experiences. It simply gives you an option that may be easier to observe without adding unnecessary pressure.

STOP AND SEEK GUIDANCE

If these symptoms are significant, persistent, or worsening, stop and seek individualized guidance rather than treating the shorter schedule as a solution.

What makes a shorter schedule more practical for me right now?

4. The Rule For The Three Days

Once you choose the schedule, write it down and keep it consistent for up to three days, provided you feel well and no stop signal appears. Do not change the last-meal time on one day and the first-meal time on the next simply to make the schedule more demanding.

If a non-urgent scheduling issue forces a change, record what changed and why. If a concerning symptom forces you to shorten or stop, do not treat that as ordinary experiment data. Stop the experiment and follow the safety guidance.

My chosen schedule for all three days:

Last meal:

First meal:

Eating window:

Day	Did the schedule change?	What changed and why?
Day 1	☐ No ☐ Yes	
Day 2	☐ No ☐ Yes	
Day 3	☐ No ☐ Yes	

5. Review At The End Of Day 3

You are not deciding whether fasting is good or bad. You are reviewing how this particular schedule felt, whether it was practical for your routine, and what observations repeated.

How did this schedule feel in my real routine?

What observations repeated across the three days?

Did this schedule fit my sleep, hunger, energy, meals, and daily demands?

Choose the schedule once, record it clearly, and then let the Three-Day Signal Scorecard do its job.