

# FASTING CHEAT SHEET

Welcome to fasting! This is intended to be a quick reference to help you on your fasting journey.

## STEP 1: PICK YOUR FAST

### 6 TYPES OF FASTING

1

**INTERMITTENT FASTING (IT)**  
Click the link to explore

2

**AUTOPHAGY FASTING**  
Click the link to explore

3

**24 HOUR FASTING**  
Click the link to explore

4

**36 HOUR WATER FASTING**  
Click the link to explore

5

**48 HOUR WATER FASTING**  
Click the link to explore

6

**3 DAY WATER FASTING**  
Click the link to explore

## FOOD TO BREAK AN INTERMITTENT FAST



Avocado  
Olives



Nut butter  
ghee



Bone broth

## STEP 2: GET YOUR TOOLS

### CHECKLIST

**LIFE APP:**  
fasting tracker

**KETO MOJO:**  
blood sugar and ketone device

**CARB MANAGER APP:**  
macro tracker

## STEP 3: LEARN TO TRACK

### WHEN TO MEASURE BLOOD SUGAR:

You'll be taking two sets of readings. The first set of blood sugar and ketone readings will be taken as soon as you wake up and before consuming any food. The second test will be taken right before consuming your first meal of the day. Write down and keep track of your readings. Your blood sugar should be somewhere between **70-90 mg/dL (3.9-5 mmol/L)**, and you want your ketones to be above **0.5 mmol/L**. Also, in the second reading you should find that your blood sugar has gone down and your ketones have gone up.

### WARNING! WHEN TO BREAK A FAST

If your blood sugar drops below **50 mg/dL (2.2 mmol/L)** and your ketones rise above **7 or 8 mmol/L** this is a warning sign that you should break your fast.