

Is Fasting Working for Me?™

Consider how fasting may be affecting your hunger, energy, sleep, mood, workouts, cravings and relationship with food.

Fasting is not automatically helpful or necessary. Check what has been happening in your body and daily life.

Signs My Current Routine May Be Working for Me



- ☐ My energy feels reasonably steady.
- ☐ My hunger feels manageable rather than overwhelming.
- ☐ I can eat balanced, satisfying meals during my eating window.
- ☐ I am not frequently overeating when the fast ends.
- ☐ My sleep has remained stable or improved.
- ☐ My mood and concentration feel steady.
- ☐ I recover well from exercise.
- ☐ My routine fits my schedule without creating stress.
- ☐ My food choices remain flexible rather than rigid.

Signs It May Be Time to Reconsider



- ☐ I feel shaky, dizzy, faint or unusually weak.
- ☐ I experience persistent fatigue or brain fog.
- ☐ My sleep has worsened.
- ☐ I am increasingly irritable, anxious or preoccupied with food.
- ☐ I become extremely hungry or overeat later.
- ☐ My cravings have become stronger.
- ☐ My workouts or recovery are suffering.
- ☐ I struggle to eat enough protein or overall nourishment.
- ☐ My digestion or bowel habits have worsened.
- ☐ My fasting rules feel stressful, compulsive or difficult to change.

Questions to Ask Myself

What was I hoping fasting would help me accomplish? _____

What changes have I actually noticed? _____

What might improve if I shortened or paused the fast? _____



One Adjustment I Could Try



- ☐ Shorten my fasting window.
- ☐ Eat an earlier or more substantial first meal.
- ☐ Include more protein and nourishment during meals.

- ☐ Avoid fasting on demanding exercise days.
- ☐ Pause fasting and observe how I feel.
- ☐ Discuss my routine with a qualified professional.



Martine's Midlife Wellness Tip

A fasting schedule should fit your body and life. If maintaining the window becomes more important than responding to hunger, it may be time to reassess.



Get Personalized Guidance First

Speak with your healthcare provider before fasting if you take glucose-lowering medication, have diabetes, experience hypoglycemia, are pregnant or breastfeeding, or have a history of disordered eating.



Stop fasting and seek medical advice if you experience fainting, confusion, persistent dizziness or other concerning symptoms.