

Autophagy Fasting Starter Kit

Use this worksheet as a safety screen, protocol chooser, and simple log. It is not a medical plan, an autophagy test, or a substitute for a clinician.

Safety first: do not fast without qualified medical guidance if you are pregnant, breastfeeding, under 18, underweight, frail, diabetic or using glucose-lowering medication, in active cancer care, medically complex, or have any history of an eating disorder.

1. Choose the lowest-risk rung

Rung	Protocol	Use it for	Stop or step down if
1	12:12 or 14:10	A calmer overnight routine and fewer late snacks.	Sleep, mood, cycle, or eating anxiety worsens.
2	16:8	A common time-restricted eating experiment.	You compensate with bingeing or poor food quality.
3	18:6	Experienced fasters who feel stable at 16:8.	Training, work, or relationships start bending around the window.
4	24 hours	Occasional experiment only after medical screening.	Dizziness, confusion, medication issues, or compulsive escalation.
5	36-72 hours	Medical-supervision territory for many people.	No electrolyte plan, no refeed plan, or any red-flag symptoms.
Alt	FMD	A 5-day food-based fasting-mimicking option.	Pregnancy, underweight, active illness, or clinician says no.

2. Safety screen

☐ I am not pregnant, breastfeeding, under 18, underweight, frail, or recovering from surgery.

☐ I do not have diabetes, active cancer, kidney disease, gout, heart rhythm issues, or a condition affected by food or fluids.

☐ I am not taking medication that requires food or affects glucose, blood pressure, fluid balance, or electrolytes.

☐ I do not have a history of an eating disorder, bingeing, purging, or compulsive food rules.

☐ I have a clear stop rule and I will not push through unsafe symptoms.

Stop rules: fainting, confusion, chest pain, severe weakness, persistent vomiting, severe headache, or symptoms that feel unsafe should stop the fast and prompt medical care.

3. Pre-fast setup

☐ Pick a boring first protocol: 12:12, 14:10, or 16:8.
☐ Plan your first meal: protein, fibre, fluids, and normal portions.
☐ Plan hydration. For longer fasts, discuss electrolytes with a clinician.
☐ Avoid hard training until you know how this schedule affects you.
☐ Tell someone if you are attempting anything longer than your usual overnight fast.

4. Seven-day tracker

Day	Window	Hunger 1-5	Mood/Focus	Sleep	Symptoms or notes
1					
2					
3					
4					
5					
6					
7					

5. Break-fast plan

☐ Break the fast slowly if it was longer than usual.
☐ Start with a normal meal, not a reward meal.
☐ Include protein and fibre.
☐ Avoid judging success by how long you endured. Judge it by how stable you felt.

6. Resource list

Resource	Use it for	Link
Cleveland Clinic: Autophagy	Plain-English medical overview and safety caveats.	my.clevelandclinic.org/health/articles/24058-auto-phagy
Nobel Prize: Yoshinori Ohsumi	The original Nobel context.	nobelprize.org/prizes/medicine/2016/summary
Diabetes Canada	Start here before changing meal timing if diabetes, medication, or hypoglycemia risk is involved.	diabetes.ca
Dietitians of Canada	Find a dietitian for meal timing help that protects nutrition and avoids restriction spirals.	dietitians.ca/Find-a-Dietitian
Zero	Commercial timer app; use as a reflection log, not an upsell or scoreboard for longer restriction.	zerolongevity.com
Keto-Mojo GKI calculator	Advanced metabolic tracking with clinician context; not an autophagy score.	keto-mojo.com/glucose-ketone-index-gki
r/ScientificNutrition	Paper-focused peer discussion and evidence checks; not medical advice.	reddit.com/r/ScientificNutrition
r/fasting	Safety rules and lived-experience questions only. Avoid copying extended, dry, or competitive protocols.	reddit.com/r/fasting

7. Reflection prompt

After one week, ask: Did this make my life steadier? Did sleep, mood, focus, food quality, and social life improve? If the answer is no, the protocol is not better because it is harder.

Remember: there is no home autophagy meter. A fasting log measures your lived response, not cellular recycling.

StormIt - Write your storm. Read someone else's.