72HOURFAST.CO

The 7-Day Fasting Planner

your free starter from the book

Seven days to find your feet — track it, learn it, and feel the difference. Then keep going.

Greg Connor

THE 72-HOUR FAST · 72HOURFAST.CO

Dear Reader,

So here it is, the thing I promised — a proper seven-day planner to get you started. Free, useful, and yours to keep. Fasting in plain English, from someone who's actually done it — starting now. Welcome aboard.

Here's how this works. For the next seven days, you're going to do two simple things: *fast a little, and write it down.* That's it. You don't need to climb to a 72 this week — most people start at 16:8, which is just "skip breakfast, finish dinner by eight." The planner does the rest.

One sentence I'll keep repeating: *one of the strongest predictors of whether someone sticks with fasting is whether they write down what they're doing.* Not for the discipline — for the learning. Day three will teach you when your hunger waves hit. Day six will teach you what you needed to drink and didn't. Write it down and it's yours forever.

I've put a soundbite from the book on every page to keep you company, and a couple of quick lessons where they help. Seven days. Let's see how you feel at the end of them.

Right. Day one starts whenever you're ready. — Greg x

> *"Your great-grandmother did 14:10 every night without calling it anything. You're not doing something weird — you're remembering how to be a person."*
>
> FROM THE BOOK · THE LADDER

How the week works

ONE MINUTE

A gentle on-ramp. Here's the shape of the seven days — adjust to suit your life, but this is a good default for a first week.

THE SUGGESTED WEEK

- **Days 1–2 · 16:8.** Skip breakfast, eat noon to eight. Find your feet.
- **Day 3 · 16:8.** Same again — by now it's starting to feel normal.
- **Day 4 · 18:6.** Nudge the window: eat two to eight. See how it feels.
- **Day 5 · 16:8.** Back to steady. Notice your energy in the morning.
- **Day 6 · 12:12.** An easy day. Be kind to yourself.
- **Day 7 · 16:8.** Finish strong, then fill in the weekly review.

EACH DAY, YOU'LL

Tick your protocol, shade the fasting clock, log your water and salt, rate your energy/sleep/mood, and — the important bit — write the two lines about *how it actually went.* That's the gold.

The one rule that matters this week: if you feel rough, reach for *salt and water* before you reach for food. It's usually electrolytes, not hunger — and it fixes in twenty minutes. (Full cheat sheet at the back.)

Before you start: this planner is for healthy adults. If you're pregnant, breastfeeding, under 18, underweight, diabetic, on any prescription medication, or have a history of disordered eating, please read the Sensible Bit at 72hourfast.co/disclaimer and talk to your doctor first. Nothing here is medical advice.

> *"Hunger is a wave, not a gauge. It comes, it peaks, it passes — every time, within about twenty minutes."*
>
> FROM THE BOOK · CHAPTER 22

The Ladder

QUICK REFERENCE

Where you are today, and where you might climb to. Most people find their summit between Rung 2 and Rung 5 — and that's a complete answer for a long, healthy fasting life.

1	**12:12 — The Overnight Twelve** Fast 12, eat in 12. Usually 8pm–8am. The on-ramp.
2	**16:8 — The Gateway** Fast 16, eat in 8. Noon–8pm, or 8am–4pm. Where most fasters live.
3	**18:6 & 20:4 — The Warrior Windows** Six- or four-hour window. The step after two solid months at 16:8.
4	**OMAD — One Meal A Day** 23:1. One proper, substantial meal. Simple but serious.
5	**The 24 — Eat Stop Eat** Dinner to dinner, once or twice a week. Bridge to periodic fasting.
6	**The 36 & 48** One or two full days. Once a fortnight, on a 16:8 background.
7	**The 72 — The Gold Standard** Three days. Quarterly, or twice a year. The deepest benefits live here.

> *"Climb the ladder. Don't skip rungs. The second fast is always easier than the first."*
>
> FROM THE BOOK · THE LADDER

LEARN IT · NO. 1

The Bouncer on the door

If you only remember one thing, remember this. The hormone that decides whether your body burns fat or stores it is called *insulin* — and you are in charge of it.

Picture insulin as the bouncer on the door of a club called Your Cells. Every time you eat, sugar turns up and the bouncer waves it through into storage. While the bouncer's on duty — while insulin is high — fat goes *in* and does not come *out*. Not a gramme. You cannot burn the fat on your hips while insulin is high. The door is locked from the other side.

Eat → insulin up → storage mode (fat door shut)

Fast → insulin down → burning mode (fat door open)

So how do you lower insulin and send the bouncer home? You stop eating for a bit. That's it. That's the whole trick, and every protocol in this book is just a different way of giving your insulin a proper holiday so the bakery in the basement can finally open.

> *"When insulin falls, your body remembers it has its own bakery in the basement — and starts burning the croissants you put there in 2017."*
>
> FROM THE BOOK · CHAPTER 1

Day 01

of seven

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Every snack rings the bell and calls the bouncer back to work. The kindest thing you can do for your metabolism is stop ringing the bell."*
>
> FROM THE BOOK · CHAPTER 1

Day 02

of seven

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"A latte is breakfast. A flat white is breakfast. Black coffee or tea is genuinely fine. I'm sorry — I'm a milky-tea Brit too."*
>
> FROM THE BOOK · CHAPTER 5

Day 03

of seven

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"If you feel rough on a fast, reach for salt and water before you reach for food. It's usually electrolytes, not hunger."*
>
> FROM THE BOOK · CHAPTER 18

Day 04

of seven

Date _____

Protocol today _____

12:12 · 16:8 · **18:6** · 20:4 · OMAD · 24 · 36 · 48 · 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Do your hardest thinking in the fasted morning. Two hours before the window opens is worth twice the afternoon."*
>
> FROM THE BOOK · CHAPTER 13

Day 05

of seven

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"The longer the fast, the gentler the first meal. A 72 broken on a kebab is a 72 you'll regret."*
>
> FROM THE BOOK · CHAPTER 19

Day 06

of seven

Date _____

Protocol today _____

12:12 | 16:8 | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"Finish eating three hours before bed. If you take one thing from the whole book for better sleep, take that."*
>
> FROM THE BOOK · CHAPTER 23

Day 07

of seven

Date _____

Protocol today _____

12:12 | **16:8** | 18:6 | 20:4 | OMAD | 24 | 36 | 48 | 72

THE FASTING CLOCK — SHADE THE HOURS YOU WERE FASTED

6a 7 8 9 10 11 12 1p 2 3 4 5

6p 7 8 9 10 11 12 1a 2 3 4 5

FAST STARTED

WEIGHT (OPTIONAL)

FAST BROKEN

WATER (LITRES)

TOTAL HOURS FASTED

SALT / ELECTROLYTES ✓

ENERGY · MOOD · SLEEP

Energy ○ ○ ○ ○ ○

Sleep ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

HOW IT ACTUALLY WENT — THE GOLD

> *"You can't out-discipline a hormone. But you can out-wait one."*
>
> FROM THE BOOK · CHAPTER 1

Your First Week

THE REVIEW

You did seven days. Take two minutes — this is where it clicks.

THE WEEK AT A GLANCE — SHADE THE DAYS YOU HIT YOUR GOAL

D1	D2	D3	D4	D5	D6	D7

LONGEST FAST THIS WEEK

HOW DO I FEEL VS DAY ONE?

What surprised me most this week?

When did the hunger waves hit — and what helped?

Where do I want to go from here?

> *"Write down the bad days especially. They're the ones with the lessons in."*
>
> HOUSE RULE

Cheat Sheet · Electrolytes

TEAR-OUT / KEEP

The single most important kit on any fast longer than 24 hours. Pin it near the salt.

BY FAST LENGTH

- **24h:** ¼ tsp sea salt in water, twice in the day. Magnesium before bed optional.
- **36h:** ¼ tsp salt three times. 300mg magnesium before bed.
- **48h:** ¼ tsp salt 3–4× daily. ½ tsp LoSalt once a day from day two. Magnesium both nights.
- **72h:** the full daily protocol below, all three days.

THE 72-HOUR DAILY PROTOCOL

- **On waking:** water + ¼ tsp sea salt + squeeze of lemon.
- **~11.30am:** water + ¼ tsp sea salt (+ ½ tsp LoSalt from day two).
- **~3pm:** water + ¼ tsp sea salt.
- **~5pm:** bone broth with a pinch of salt, or ¼ tsp salt in water.
- **Before bed:** 300mg magnesium glycinate or citrate.

Greg's DIY Faster's Mix: 1 litre water · ½ tsp sea salt · ½ tsp LoSalt · juice of one lemon. Sip across the day. (Kidney trouble, or on ACE inhibitors, ARBs or spironolactone? No LoSalt without your GP's say-so.)

> *"A sports drink is a sugar drink with marketing. If you need electrolytes, you make them properly."*
>
> FROM THE BOOK · CHAPTER 17

WELL DONE — THAT'S SEVEN DAYS

Want to keep going?

You've felt the first week. The full picture — all seven rungs of the ladder, the science, the troubleshooting — is in the book. And there's a 12-week journal to take you all the way.

WHAT'S NEXT

- **The book** — *The 72-Hour Fast: The Definitive Guide to Fasting.* On Amazon in Kindle, paperback and hardcover. The links are at 72hourfast.co.
- **The weekly email** — one idea, one nudge, every week for a year. Sign up at 72hourfast.co if you haven't already.
- **The 12-week journal** — this planner's big sibling, with milestone pages and the full ladder. Free when you buy the book: claim it at 72hourfast.co.

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And as well as being kind to yourself — remember to always be kind to each other.

Greg x

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