

Intermittent Fasting & Menstruation for Active Females Checklist

@fwdfuel

IDEAL TIMES TO FAST:

- Healthy menstrual cycle** (see our [Healthy Menstrual Cycle Checklist](#))
- During "deload" or low-intensity week of training**
- Work/life stress is low**
- Sleep has been regular**
- Sleep quality has been high**

WHEN TO AVOID FASTING:

- Irregular menses**
- Times of high stress**
- The amount of sleep has been low**
- Sleep quality is low**
- Weeks of intense training**
- During training leading up to competitions**