



**MANAGE SOCIAL SETTINGS WHEN  
INTERMITTENT FASTING WITH EASE**



# CHEAT SHEET

## Navigating Social Situations While Fasting

### Navigating Social Gatherings, Dining Out, and Holidays While Maintaining Your Fasting Goals

#### 1. Plan Ahead:

- Know Your Schedule: If possible, align your fasting window with the timing of social events.
- Eat Beforehand: If the event falls during your fasting window, consider having a small, balanced meal before attending.

#### 2. Communicate Your Choices:

- Be Honest: If comfortable, explain that you're practicing Intermittent Fasting and what it means to you.
- Keep It Simple: A simple statement like "I'm not eating until later" can suffice.

#### 3. Choose Wisely at Restaurants:

- Check the Menu: Look at the menu online beforehand to find options that fit your eating window and nutritional goals.
- Ask for Modifications: Don't hesitate to ask for adjustments to dishes to suit your needs.

#### 4. Handle Peer Pressure:

- Stay Confident: You know what's best for your body; stay true to your choices.
- Redirect the Conversation: If questioned, steer the conversation to another topic.





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## 5. Enjoy Non-Food Activities:

- Focus on Connection: Engage in conversations, games, or other activities that don't revolve around food.
- Offer to Help: Volunteering to assist with hosting duties can keep you engaged.

## 6. Stay Hydrated:

- Choose Beverages Wisely: Opt for water, herbal tea, or other non-caloric drinks during your fasting window.

## 7. Embrace Flexibility:

- Adapt When Needed: It's okay to adjust your fasting window occasionally for special occasions.
- Return to Routine: One day off track won't derail your progress; return to your regular schedule afterward.

## 8. Sample Scripts for Explaining Fasting:

- Casual Response: "I'm trying something new with my eating schedule, but I'm here for the company!"
- Detailed Explanation: "I'm practicing Intermittent Fasting to align with my health goals. It's been a positive experience for me."