

# Global Intermittent Fasting Apps Market 2025 by Company, Regions, Type and Application, Forecast to 2031

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## Abstracts

According to our (Global Info Research) latest study, the global Intermittent Fasting Apps market size was valued at US\$ 321 million in 2024 and is forecast to a readjusted size of USD 464 million by 2031 with a CAGR of 5.5% during review period.

Intermittent fasting apps are tools designed to assist users in managing and adhering to intermittent fasting regimens. It focuses on the psychology behind eating habits rather than just calorie counting. It provides personalized plans, daily lessons, and has a community for support. It uses a color-coded food system to guide users to eat mindfully and achieve a balanced diet. It offers personalized support based on users' body types and requirements, and provides professional advice from nutrition and wellness experts. It is simple and easy to use, allowing users to customize and track their fasting times. It can fetch the user's location to calculate sunset time and sync with smart wearables.

The growing recognition of the health benefits of intermittent fasting, such as weight loss, improved blood sugar regulation, and enhanced longevity, is a key driver. More people are inclined to use these apps to assist with their fasting regimens. These apps offer personalized fasting plans, reminders, and progress tracking, adapting to different lifestyles and goals. They simplify the process of intermittent fasting, making it easier for people to adhere to their fasting schedules. The development of smartphone technology and the internet has made it convenient for people to access and use intermittent fasting apps. Additionally, the integration of AI and big data technologies enables apps to provide more accurate personalized recommendations.

The market for intermittent fasting apps has seen significant development in recent years. These apps help users track their fasting schedules, set reminders, monitor their

progress, and provide guidance and support throughout the fasting period. The market development for intermittent fasting apps is driven by the increasing popularity of intermittent fasting as a weight loss and health management method. Intermittent fasting has gained attention due to its potential benefits, such as weight loss, improved metabolism, and reduced inflammation. As a result, more people are seeking convenient ways to track and manage their fasting schedules, leading to an increased demand for fasting apps.

This report is a detailed and comprehensive analysis for global Intermittent Fasting Apps market. Both quantitative and qualitative analyses are presented by company, by region & country, by Type and by Application. As the market is constantly changing, this report explores the competition, supply and demand trends, as well as key factors that contribute to its changing demands across many markets. Company profiles and product examples of selected competitors, along with market share estimates of some of the selected leaders for the year 2025, are provided.

#### Key Features:

Global Intermittent Fasting Apps market size and forecasts, in consumption value (\$ Million), 2020-2031

Global Intermittent Fasting Apps market size and forecasts by region and country, in consumption value (\$ Million), 2020-2031

Global Intermittent Fasting Apps market size and forecasts, by Type and by Application, in consumption value (\$ Million), 2020-2031

Global Intermittent Fasting Apps market shares of main players, in revenue (\$ Million), 2020-2025

#### The Primary Objectives in This Report Are:

To determine the size of the total market opportunity of global and key countries

To assess the growth potential for Intermittent Fasting Apps

To forecast future growth in each product and end-use market

To assess competitive factors affecting the marketplace

This report profiles key players in the global Intermittent Fasting Apps market based on the following parameters - company overview, revenue, gross margin, product portfolio, geographical presence, and key developments. Key companies covered as a part of this study include DoFasting, Zero Longevity Science, HealthVida, WeFast, BodyFast, LifeOmic, ThrivePort, Ate, Ross Ball, FastHabit, etc.

This report also provides key insights about market drivers, restraints, opportunities, new product launches or approvals.

### Market segmentation

Intermittent Fasting Apps market is split by Type and by Application. For the period 2020-2031, the growth among segments provides accurate calculations and forecasts for Consumption Value by Type and by Application. This analysis can help you expand your business by targeting qualified niche markets.

### Market segment by Type

Cloud-based

On-premises

### Market segment by Application

Male

Female

### Market segment by players, this report covers

DoFasting

Zero Longevity Science

HealthVida

WeFast

BodyFast

LifeOmic

ThrivePort

Ate

Ross Ball

FastHabit

Dingtone Communications

Sunrise Fasting

Vora

Market segment by regions, regional analysis covers

North America (United States, Canada and Mexico)

Europe (Germany, France, UK, Russia, Italy and Rest of Europe)

Asia-Pacific (China, Japan, South Korea, India, Southeast Asia and Rest of Asia-Pacific)

South America (Brazil, Rest of South America)

Middle East & Africa (Turkey, Saudi Arabia, UAE, Rest of Middle East & Africa)

The content of the study subjects, includes a total of 13 chapters:

Chapter 1, to describe Intermittent Fasting Apps product scope, market overview, market estimation caveats and base year.

Chapter 2, to profile the top players of Intermittent Fasting Apps, with revenue, gross margin, and global market share of Intermittent Fasting Apps from 2020 to 2025.

Chapter 3, the Intermittent Fasting Apps competitive situation, revenue, and global market share of top players are analyzed emphatically by landscape contrast.

Chapter 4 and 5, to segment the market size by Type and by Application, with consumption value and growth rate by Type, by Application, from 2020 to 2031

Chapter 6, 7, 8, 9, and 10, to break the market size data at the country level, with revenue and market share for key countries in the world, from 2020 to 2025. and Intermittent Fasting Apps market forecast, by regions, by Type and by Application, with consumption value, from 2026 to 2031.

Chapter 11, market dynamics, drivers, restraints, trends, Porters Five Forces analysis.

Chapter 12, the key raw materials and key suppliers, and industry chain of Intermittent Fasting Apps.

Chapter 13, to describe Intermittent Fasting Apps research findings and conclusion.

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