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Global Intermittent Fasting Apps Market Growth (Status and Outlook) 2025-2031

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Abstracts

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The global Intermittent Fasting Apps market size is predicted to grow from US$ 321 million in 2025 to US$ 450 million in 2031; it is expected to grow at a CAGR of 5.8% from 2025 to 2031.

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

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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.

LPI (LP Information)' newest research report, the “Intermittent Fasting Apps Industry Forecast” looks at past sales and reviews total world Intermittent Fasting Apps sales in 2024, providing a comprehensive analysis by region and market sector of projected Intermittent Fasting Apps sales for 2025 through 2031. With Intermittent Fasting Apps sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US$ millions of the world Intermittent Fasting Apps industry.

This Insight Report provides a comprehensive analysis of the global Intermittent Fasting Apps landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyses the strategies of leading global companies with a focus on Intermittent Fasting Apps portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms’ unique position in an accelerating global Intermittent Fasting Apps market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Intermittent Fasting Apps and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Intermittent Fasting Apps.

This report presents a comprehensive overview, market shares, and growth opportunities of Intermittent Fasting Apps market by product type, application, key players and key regions and countries.

Segmentation by Type:

Cloud-based

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On-premises

Segmentation by Application:

Male

Female

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

Japan

Korea

Southeast Asia

India

Australia

Europe

Germany

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France

UK

Italy

Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analyzing the company's coverage, product portfolio, its market penetration.

DoFasting

Zero Longevity Science

HealthVida

WeFast

BodyFast

LifeOmic

ThrivePort

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Ate

Ross Ball

FastHabit

Dingtone Communications

Sunrise Fasting

Vora

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