









JANUARY 2021



**Fasting is the greatest remedy—
The physician within.**

SUN MON TUE WED THU FRI SAT

| | | | | | | |
|--|------------------------------------|---|---|---|--|---|
| | | | | | HAPPY NEW YEAR! | LET'S FAST! 12-18 HOURS |
| DO A WATER-ONLY FAST!  | ELIMINATE SNACKS IN BETWEEN MEALS! | FAST FOR ONE HOUR LONGER THAN YOU DID YESTERDAY | EAT WITH THE SUN TODAY  | SKIP THE ADDED SUGAR TONIGHT  | TRY AN 18-19 HOUR FAST TODAY | STAY BUSY DURING THE LAST HOUR OF YOUR FAST |
| BREAK YOUR FAST WITH A SMOOTHIE! | BREAK YOUR FAST MINDFULLY | TRY A FASTED WORKOUT  | FAST FOR 20 HOURS TODAY! | DON'T LOOK AT SOCIAL MEDIA FOR THE LAST HOUR OF YOUR FAST | TRY MCT OIL  | FAST, EVEN ON WEEKENDS |
| ADD RESISTANCE TRAINING TO YOUR EXERCISE ROUTINE TODAY | TRY OMAD TODAY | SWITCH IT UP! TRY A DIFFERENT FASTING SCHEDULE TODAY | TRY A KETO MEAL TODAY | EXERCISE TO DISTRACT YOURSELF FROM HUNGER | BREAK YOUR FAST WITH HEALTHY FATS! | AIM FOR 7 HOURS OF SLEEP  |
| DO YOUR FAVORITE FAST TODAY! | TRY A 24-HOUR FAST! | FAST FOR 14-16 HOURS  | TRY A MODIFIED 36-HOUR FAST! | RECOVER WITH A 14-16 HOUR FAST | TRY A TRUE 36-HOUR FAST! | DO YOUR FAVORITE FAST TODAY! |
| CELEBRATE!  | | | | | | |

LEARN MORE AT [LIFEAPPS.IO](https://lifeapps.io)

PHILIPPUS PARACELSUS