

FASTING CALENDAR



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

SUN

MON









TUE

WED

THU

FRI

SAT

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

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