



# Lifestyle Med Revolution 21 DAY DANIEL FAST Kickstart to Your Health Transformation!



## Schedule of Events

\* Note: All events are virtual, by Zoom\*

### Information Session and Q&A

Thursday, 1/2/25 @ 7pm ET and Sunday, 1/5/25 @7pm ET\*

### Zoom Link for Intro ONLY:

<https://us06web.zoom.us/j/81621791816?pwd=cDNUeFdVbHNYS2M3MHhURHorcG1JQT09>

Zoom link for the rest of the Daniel Fast events will be given after you join!

To join the fast: <https://linktr.ee/lifestylemedrevolution>

\*Check with your health care provider before beginning the fast\*

\*\*You may want to consider getting baseline labs done before the fast as well\*\*

\*\*\*Check your weight, blood pressure (and blood sugar if diabetic) and take a full-length, left and right side photos before beginning the fast.\*\*\*

<b>Week 1:</b>	1/6-1/10	M-F	Prayer Call at 7am ET (Weekdays, Monday-Friday)
	1/6	Mon	Group Coaching at 7pm ET
	<b>1/9</b>		<b>No Prayer Call – National Day of Mourning</b>
	1/9	Thu	Group Coaching at 7pm ET
	1/11	Sat	Interactive Virtual “Cook-Together” at 6pm ET
<b>Week 2:</b>	1/13-1/17	M-F	Prayer Call at 7am ET (Weekdays, Monday-Friday)
	1/13	Mon	Group Coaching at 7pm ET
	1/16	Thu	Food Labels Education at 7pm ET
	1/18	Sat	Grocery Store Tour at 10am ET
<b>Week 3:</b>	1/20-1/24	M-F	Prayer Call at 7am ET (Weekdays, Monday-Friday)
	<b>1/20</b>		<b>No Prayer Call – MLK Day</b>
	1/21	Tue	Group Coaching at 7pm ET
	1/23	Thu	Presentation: Breaking Down Macros at 7pm ET
	1/25	Sat	Documentary Watch Party and Discussion at 6pm ET
	1/26	Sun	The Completion - Wrap up and Moving Forward at 6pm ET

\*Note: No Prayer call on holidays. Events dates maybe subject to change. Please check Linktree or the Fast WhatsApp chat for latest dates, times and venue\*