



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



Sample Schedule of Events

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

Information Session and Q&A

General track: Thurs before the fast @ 7 PM ET or Sun before the fast @ 7 PM 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

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

Week 1: M-F Prayer Call at **7am ET (Weekdays, Monday-Friday)**
Tue Group Coaching at **7pm ET**
Tue *Healthcare Track session 1 @ 8:15 pm ET*
Thur Group Coaching at **7pm ET**
Sat Interactive Virtual “Cook-Together” at **6pm ET**

Week 2: M-F Prayer Call at **7am ET (Weekdays, Monday-Friday)**
Tue Group Coaching at **7pm ET**
Tue *Healthcare Track session 2 @ 8:15 pm ET*
Thu Food Labels Education at **7pm ET**
Sat Grocery Store Tour at **10am ET**

Week 3: M-F Prayer Call at **7am ET (Weekdays, Monday-Friday)**
Tue Group Coaching at **7pm ET**
Tue *Healthcare Track session 3 @ 8:15 pm ET*
Thu Presentation by Dr. Bowman at **7pm ET**
Sat Documentary Watch Party and Discussion at **7pm ET**
Sun The Completion - Wrap up and Moving Forward at **6pm ET**

***Event dates may be subject to change. Please check the WhatsApp chat for latest dates and times**