



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

Schedule of Events

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

Informational Session and Q&A - 6 PM EST, Thursday & Sunday preceding start of the Fast*

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 photo before beginning the fast. *****

Week 1:	11/1-11/7	W-T	Prayer calls at 7am EST (Weekdays, Monday-Friday)
	11/2	Thu	Group support/advice at 7pm EST
	11/4	Sat	Interactive cook-along (where we cook together) at 6pm EST
	11/7	Tue	Group support/advice at 7pm EST
Week 2:	11/8-11/14	W-T	Prayer calls at 7am EST (Weekdays, Monday-Friday)
	11/9	Thu	Food Labels Education 7pm EST
	11/10	Fri	No Prayer Call – Veterans Day
	11/11	Sat	Virtual Grocery Store Trip! at 10am EST
	11/14	Tue	Group support/advice at 7pm EST
Week 3:	11/15-11/21	W-T	Prayer calls at 7am EST (Weekdays, Monday-Friday)
	11/16	Thu	Presentation: Power of Food as Medicine 7pm EST
	11/18	Sat	Documentary watch party and discussion 6pm EST
	11/21	Tue	The Completion - Wrap up and Moving Forward 7pm EST

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