



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

September 30-October 20, 2022

Schedule of Events

Note: All events are virtual, by Zoom

Intro/Q&A Sat 9/24 Intro, Q&A at 11 AM EDT (Recommended) OR
Thurs 9/29 Intro, Q&A at 8 PM EDT (choose either 9/24 or 9/29 date)

Zoom Link for Intro ONLY:

<https://us04web.zoom.us/j/7149418829?pwd=OTVuNkk0Sjl6NjZlU0F4SEZsMU5xQT09>

Meeting ID: 714 941 8829 Passcode Daniel Fast

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.

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| Week 1: | F | 9/30 | Prayer calls at 7:00 AM EST |
| | Sat | 10/1 | Documentary watch party and discussion 8:00 PM EST |
| Week 2: | M-F | 10/3-10/7 | Prayer calls at 7:00 AM EST |
| | Tue | 10/4 | Group support/advice at 8 PM EST |
| | Sun | 10/8 | Interactive cook-along (where we cook together) at 6 PM |
| Week 3: | M-F | 10/10-10/14 | Prayer calls at 7:00 AM EST |
| | Tue | 10/11 | Group support/advice at 8 PM EST |
| | Thur | 10/10/13 | Presentation: Power of Food as Medicine 7:00 PM EST |
| Week 4: | M-F | 10/17-10/20 | Prayer calls at 7:00 AM EST |
| | Tue | 10/18 | Group support/advice at 8 PM EST |
| | Thur | 10/20 | Wrap up and way forward 8 PM EST |