



# Lifestyle Med Revolution

## 21 DAY

### DANIEL FAST

#### Kickstart to Your Health Transformation!

## Schedule of Events

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

### Information Sessions and Q&A

Thursday, 5/9/24 @7pm EST or Saturday, 5/11/24 @9am EST\*

### 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>	5/13-5/17	M-F	Prayer Call at 7am EST (Weekdays, Monday-Friday)
	5/16	Thu	Group Coaching at 7pm EST
	5/18	Sat	Interactive Virtual “Cook-Together” at 6pm EST
<b>Week 2:</b>	5/20-5/24	M-F	Prayer Call at 7am EST (Weekdays, Monday-Friday)
	5/21	Tue	Group Coaching at 7pm EST
	5/23	Thu	Food Labels Education at 7pm EST
	5/25	Sat	Meal Planning and Prep at 10am EST
<b>Week 3:</b>	<b>5/27</b>	<b>Mon</b>	<b>No Prayer Call – Memorial Day</b>
	5/28-5/31	T-F	Prayer Call at 7am EST (Weekdays, Tuesday-Friday)
	5/28	Tue	Presentation: Power of Food as Medicine at 7pm EST
	5/30	Thu	Group Coaching at 7pm EST
	6/1	Sat	Documentary Watch Party and Discussion at 6pm EST
	6/2	Sun	The Completion - Wrap up and Moving Forward at 6pm 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\***