



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



Schedule of Events

* Note: All events are virtual, by Zoom*

Information Session and Q&A

Thursday, 10/30/25 @ 7pm ET and Sunday, 11/2/25 @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.

Week 1:	11/3-11/7	M-F	Prayer Call at 7am ET (Weekdays, Monday-Friday)
	11/4	Tue	Group Coaching at 7pm ET
	11/6	Thu	Group Coaching at 7pm ET
	11/9	Sun	Interactive Virtual “Cook-Together” at 6pm ET
Week 2:	11/10-11/14	M-F	Prayer Call at 7am ET (Weekdays, Monday-Friday)
	11/10	Mon	Group Coaching at 7pm ET
	11/11	Tue	No Prayer Call – Veterans Day
	11/13	Thu	Food Labels Education at 7pm ET
	11/15	Sat	Documentary Watch Party and Discussion at 6pm ET
Week 3:	11/17-11/21	M-F	Prayer Call at 7am ET (Weekdays, Monday-Friday)
	11/20	Thu	Group Coaching at 7pm ET
	11/22	Sat	Grocery Store Tour at 10am ET
	11/23	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