



Be Ye Transformed: 40 Day Food and Fitness Fast
Romans 12:2

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Fast Start	27 7:00am EST Prayer Call	28 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call				

EVENTS

Steps

- Day 1-7: 2/26 - 3/4 => 2500 Steps
- Day 8-14: 3/5 - 3/11 => 3500 Steps
- Day 15-21: 3/12 - 3/18 => 4500 Steps
- Day 22-28: 3/19 - 3/25 => 5500 Steps
- Day 29-35: 3/26 - 4/1 => 6500 Steps
- Day 36-40: 4/2 - 4/6 => 7000 Steps

Weekdays

- M-F: 7am EST Prayer Calls
- T,Th: 7pm EST LMR Coaching Calls
- 3/30: 7pm EST Presentation
- 4/6: 7pm EST The Way Forward

Weekends

- Each Sat: 9am EST Workout
- 3/4: 6pm EST Cook-a-long
- 3/11: 6pm EST Watch Party
- 3/18: 12pm EST Brunch at Planta
- 3/25: 6pm EST Talk w/a Plant-Based Athlete

Saturday, April 8th, 5K Virtual/In-Person Run/Walk in Washington, DC
More Details to Come!



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March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:00am EST Prayer Call	2 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call	3 7:00am EST Prayer Call	4 9:00am EST Workout 6:00pm EST Cook-a-long
5	6 7:00am EST Prayer Call	7 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call	8 7:00am EST Prayer Call	9 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call	10 7:00am EST Prayer Call	11 9:00am EST Workout 6:00pm EST Watch party
12	13 7:00am EST Prayer Call	14 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call	15 7:00am EST Prayer Call	16 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call	17 7:00am EST Prayer Call	18 9:00am EST Workout 12:00pm EST Planta
19	20 7:00am EST Prayer Call	21 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call	22 7:00am EST Prayer Call	23 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call	24 7:00am EST Prayer Call	25 9:00am EST Workout 6:00pm EST Talk w/a Plant-Based Athlete
26	27 7:00am EST Prayer Call	28 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call	29 7:00am EST Prayer Call	30 7:00am EST Prayer Call 7:00pm EST Presentation: The Power of Food as Medicine	31 7:00am EST Prayer Call	

EVENTS

Steps

- Day 1-7: 2/26 - 3/4 => 2500 Steps
- Day 8-14: 3/5 - 3/11 => 3500 Steps
- Day 15-21: 3/12 - 3/18 => 4000 Steps
- Day 22-28: 3/19 - 3/25 => 5500 Steps
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- Day 36-40: 4/2 - 4/6 => 7000 Steps

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April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00am EST Workout
2	3 7:00am EST Prayer Call	4 7:00am EST Prayer Call 7:00pm EST LMR Coaching Call	5 7:00am EST Prayer Call	6 Fast End 7:00am EST Prayer Call 7:00pm EST The Way Forward	7	8 5K Virtual/In-Person Run/Walk
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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