



# 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 (Day 1-7):**
- M-F Prayer calls at 7 AM EST (Weekdays, Monday-Friday)
  - Tue Group support/advice at 7 PM EST
  - Thu Group support/advice at 7 PM EST
  - Sat Interactive cook-along (where we cook together) at 6 PM EST
- Week 2 (Day 8-14):**
- M-F Prayer calls at 7 AM EST (Weekdays, Monday-Friday)
  - Tue Group support/advice at 7 PM EST
  - Thu Group support/advice at 7 PM EST
  - Sat Virtual Grocery Store Trip! at 10am EST
- Week 3 (Day 15-21):**
- M-F Prayer calls at 7 AM EST (Weekdays, Monday-Friday)
  - Tue Group support/advice at 7 PM EST
  - Thu Presentation: Power of Food as Medicine 7 PM EST
  - Sat Documentary watch party and discussion 6 PM EST
  - Sun The Completion - Wrap up and Moving Forward 6 PM EST

**\*Note: No Prayer call on holidays, Saturday events maybe subject to change\***