



Lifestyle Med Revolution
21 DAY
DANIEL FAST
Kickstart to Your
Health Transformation!
January 2 – January 22, 2023

Schedule of Events

Note: All events are virtual, by Zoom

Intro/Q&A Wed 12/21 Informational Session and Q&A at 7 PM EST **OR**
Wed 12/28 Informational Session and Q&A at 7 PM 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 photo before beginning the fast. ***

Week 1:	M-F 1/2-1/6	Prayer calls at 7 AM EST (Weekdays, Monday-Friday)
	Tue 1/3	Group support/advice at 7 PM EST
	Sat 1/7	Interactive cook-along (where we cook together) at 6 PM EST
Week 2:	M-F 1/9-1/13	Prayer calls at 7 AM EST (Weekdays, Monday-Friday)
	Tue 1/10	Group support/advice at 7 PM EST
	Sat 1/14	Documentary watch party and discussion 6 PM EST
Week 3:		No Prayer call on holidays (1/16 MLK Day)
	T-F 1/17-1/20	Prayer calls at 7 AM EST (Weekdays, Tuesday-Friday)
	Tue 1/17	Group support/advice at 7 PM EST
	Thur 1/19	Presentation: Power of Food as Medicine 7 PM EST
	Sun 1/22	Wrap up and way forward 7 PM EST