



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
Tuesday, 12/30/25 @ 7pm ET and Sunday, 1/4/26 @ 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:	1/5-1/9	M-F	Prayer Call at 7am ET (Weekdays, Monday-Friday)
	1/6	Tue	Group Coaching at 7pm ET
	1/8	Thu	Group Coaching at 7pm ET
	1/10	Sat	Vision Planning for 2026 at 6pm ET
Week 2:	1/12-1/16	M-F	Prayer Call at 7am ET (Weekdays, Monday-Friday)
	1/13	Tue	Group Coaching at 7pm ET
	1/15	Thu	Food Labels Education at 7pm ET
	1/17	Sat	Grocery Store Tour at 10am ET
Week 3:	1/19	(No Prayer call Monday, January 19th, MLK Day)	
	1/20-1/23	Tu-F	Prayer Call at 7am ET (Weekdays, Monday-Friday)
	1/20	Tue	Group Coaching at 7pm ET
	1/22	Thu	Empowerment Through Lifestyle Medicine at 7pm ET
	1/24	Sat	Interactive Virtual “Cook-Together” at 6 pm ET
	1/25	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