



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