



Lifestyle Med Revolution
21 DAY
DANIEL FAST
Kickstart to Your
Health Transformation!
June 5 – June 25, 2023

Schedule of Events

Note: All events are virtual, by Zoom

Intro/Q&A Sun 6/4

Informational Session and Q&A at 6 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 6/5-6/9	Prayer calls at 7 AM EST (Weekdays, Monday-Friday)
	Tue 6/6	Group support/advice at 7 PM EST
	Thu 6/8	Group support/advice at 7 PM EST
	Sat 6/10	Interactive cook-along (where we cook together) at 6 PM EST
Week 2:	M-F 6/12-6/16	Prayer calls at 7 AM EST (Weekdays, Monday-Friday)
	Tue 6/13	Group support/advice at 7 PM EST
	Sat 6/17	Virtual Grocery Store Trip! at 10am EST
Week 3:	T-F 6/20-6/23	Prayer calls at 7 AM EST (NO PRAYER CALL ON 6/19)
	Tue 6/20	Group support/advice at 7 PM EST
	Thu 6/22	Presentation: Power of Food as Medicine 7 PM EST
	Sat 6/24	Documentary watch party and discussion 6 PM EST
	Sun 6/25	The Completion - Wrap up and Moving Forward 6 PM EST