

January 2024 - Level 4						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Begin Fasting at 7PM (Eat prior to 7PM)	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM
7	8	9	10	11	12	13
NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD
14	15	16	17	18	19	20
Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM
21	22	23	24	25	26	27
NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD
28	29	30	31			
Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD			
February 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM
4	5	6	7	8	9	10
NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD
11	12	13	14	15	16	17
EAT RESPONSIBLY AFTER BREAKING FAST						

Explanation of a 36 hour fast: Water only from 7PM until 7AM 36 hours later. On eating days, you can eat from 7AM-7PM. Please eat responsibly for maximum health benefits.

Things you CAN have during the 36 hour: Water, Seltzer water, Black Tea, Coffee

Note: IF ABSOLUTELY NECESSARY, YOU CAN HAVE A FASTING BAR. (Can buy on amazon under fasting bar)