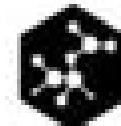


30-Day Intermittent Fasting Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 1: Awareness	1 Fast: 12 AM - 8 PM No snacking after 8 PM	2 Fast: 8 AM - 8 PM No more加工食品, cereals, etc.	3 Fast: 8 AM - 8 PM Drink a full glass of water every day after getting up	4 Fast: 10 AM - 8 PM Exclusive water/tea/broth before 10 AM	5 Breakfast for Breakfast? Coffee/Tea	6 Fast: Noon - 8 PM No more oily, sugar-laden cereals or cereals	7 Fast: 8 AM - 8 PM Enjoy the weekend, but do not reward with junk food
Day 2: Education	8 Fast: 8 AM - 8 PM Reflect the previous week	9 Fast: 10 AM - 8 PM Start reading labels and pay attention to ingredients	10 Fast: 8 AM - 8 PM Buy raw and avoid processed foods	11 Fast: Noon - 8 PM Stop eating late dinner for green vegetables	12 Fast: 8 AM - 8 PM Lunch smoothie (watermelon) No snacks - 8 PM	13 Fast: Noon - 8 PM Fast lunches with fast stops or a meal	14 Fast: 8 AM - 8 PM Enjoy the weekend, but do not reward with junk food
Day 3: Motivation	15 Fast: 8 AM - 8 PM Reflect the previous week	16 Fast: Noon - 8 PM Introduce a meal after dinner	17 Fast: Noon - 8 PM Avoid social media while eating	18 Fast: Noon - 8 PM Implement a 10 min. morning routine: Yoga/Abduction	19 Fast: Noon - 8 PM Turn off the WiFi and dim the lights every day at 10 PM	20 Fast: Noon - 8 PM Fast lunches with fast stops or a meal	21 Fast: Noon - 8 PM Enjoy the weekend, but do not reward with junk food
Day 4: Planning	22 Fast: Noon - 8 PM Reflect the previous week	23 Fast: Noon - 8 PM Start the day with a healthy smoothie (1/2 cup)	24 Fast: Noon - 8 PM Cook with healthy fats (olive oil, coconut oil)	25 Fast: Noon - 8 PM Have a sit in a seated state before dinner	26 Fast: Noon - 8 PM Get hungry throughout the day	27 Fast: 2 PM - 8 PM Fast lunches with fast stops or a meal	28 Fast: Noon - 8 PM Enjoy the weekend, but do not reward with junk food
	29 Fast: Noon - 8 PM Reflect previous week	30 Fast: 1 PM - 8 PM Fast three times weekly					



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**Gordon C Weir,J. Larry Jameson,Leslie
J. De Groot**

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Intermittent Fasting

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