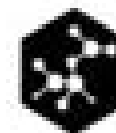


30-Day Intermittent Fasting Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drink Awareness	1 Eat: 12 AM - 8 PM No snacking after 8 PM	2 Eat: 8 AM - 8 PM No more juices, smoothies, diet sodas, etc.	3 Eat: 8 AM - 8 PM Drink a full glass of water every day after getting up	4 Eat: 10 AM - 8 PM Exclusively water/coffee/tea before 10 AM	5 Eat: 8 AM - 8 PM Swap breakfast for Bulletproof Coffee/Tea	6 Eat: Noon - 8 PM No more milk sugar/condensers in coffees/tea	7 Eat: 8 AM - 8 PM Enjoy the weekend, but do not renege with junk food
Food Awareness	8 Eat: 8 AM - 8 PM Reflect the previous week	9 Eat: 10 AM - 8 PM Start reading labels and pay attention to ingredients	10 Eat: 8 AM - 8 PM Buy raw and avoid processed foods	11 Eat: Noon - 8 PM Swap classic side dishes for green vegetables	12 Eat: 8 AM - 8 PM Limit snacks (nutraceuticals) to noon - 8 PM	13 Eat: Noon - 8 PM Test ketones with test strips or a meter	14 Eat: 8 AM - 8 PM Enjoy the weekend, but do not renege with junk food
Mindfulness	15 Eat: 8 AM - 8 PM Reflect the previous week	16 Eat: Noon - 8 PM Introduce a walk after dinner	17 Eat: Noon - 8 PM Avoid social media while fasting	18 Eat: Noon - 8 PM Implement a 10 min. morning routine: Yoga/Meditation	19 Eat: Noon - 8 PM Turn off the TV/PC and dim the lights every day at 10 PM	20 Eat: Noon - 8 PM Test ketones with test strips or a meter	21 Eat: Noon - 8 PM Enjoy the weekend, but do not renege with junk food
Performance	22 Eat: Noon - 8 PM Reflect the previous week	23 Eat: Noon - 8 PM Start the day with a focused workout (>10 min.)	24 Eat: Noon - 8 PM Cook with healthy fats (olive/coconut/avocado oil)	25 Eat: Noon - 8 PM Take a hot or a heated salt bath before dinner	26 Eat: Noon - 8 PM Eat integrins throughout the day	27 Eat: 2 PM - 8 PM Test ketones with test strips or a meter	28 Eat: Noon - 8 PM Enjoy the weekend, but do not renege with junk food
	29 Eat: Noon - 8 PM Reflect previous week	30 Eat: 1 PM - 8 PM Test final ketone levels					



MentalFoodChain

Viral Challenge Intermittent Fasting Ideas

Stephen Gislason



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