



MY LIFE WELL LOVED

BY HEATHER BROWN

30 Day Fasting Challenge

GUIDELINES:

1. **FAST** 16 CONSECUTIVE HOURS.
2. **DRINK** 8 GLASSES OF WATER EACH DAY!
3. **WORKOUT** 3-5 DAYS PER WEEK, DEPENDING ON YOUR HEALTH GOALS + DOCTOR'S RECOMMENDATION.
4. **EAT** HEALTHY MEALS THE OTHER 8 HOURS.
5. **SHARE** YOUR JOURNEY ON SOCIAL TAGGING US!

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Intermittent Fasting Viral Challenge Today

Judd E. Hollander



Intermittent Fasting Viral Challenge Today:

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