

January 2025- Level 4

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

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)

FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	Juice Only	Water Only
9						
Water Only						