

Intermittent Fasting & Behavior Masterclass

January 9th to February 12th, 2024

JAN 9	Video Lesson 1: What is insulin and insulin resistance?	8 AM ET
JAN 10	Video Lesson 2: How Fasting and Low-Carb Help	8 AM ET
JAN 11	Video Lesson 3: How to Start Fasting	8 AM ET
JAN 12	Video Lesson 4: Therapeutic Fasting Strategies	8 AM ET
JAN 13	Video Lesson 5: Fat Fasting Strategies	8 AM ET
JAN 14	Video Lesson 6: Nutrition 101 (Part 1)	8 AM ET
JAN 15	Video Lesson 7: Nutrition 101 (Part 2)	8 AM ET
JAN 15	Live Q&A with Megan Ramos	7 PM ET
JAN 16	Video Lesson 8: Intro, Mindset, Paradigm Shifts	8 AM ET
JAN 17	Video Lesson 9: Word Choices, Self-Talk, Self-Compassion	8 AM ET
JAN 18	Video Lesson 10: Your Relationship With Food	8 AM ET
JAN 19	Video Lesson 11: Managing Hunger	8 AM ET
JAN 19	Live Q&A with Megan Ramos	11 AM ET
JAN 20	Video Lesson 12: Setting Boundaries for Yourself/Others	8 AM ET
JAN 21	Video Lesson 13: How to Create and Change Your Habits	8 AM ET
JAN 22	Video Lesson 14: Emotional Eating	8 AM ET
JAN 22	Live Workshop with Terri Lance:	7 PM ET

Exploring Your WHY That Is Worthy

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JAN 23	Video Lesson 15: Troubleshooting Your Fast	8 AM ET
JAN 24	Video Lesson 16: Common Fasting Mistakes	8 AM ET
JAN 25	Video Lesson 17: Common Eating Mistakes	8 AM ET
JAN 25	Bonus: Intermittent Fasting Community Group	11 AM ET
JAN 26	Video Lesson 18 - Part 1: Extended Fasting Strategies	8 AM ET
	Video Lesson 18 - Part 2: Break-Fast Strategies	8 AM ET
JAN 26	Live Workshop with Terri Lance:	12 PM ET
	Removing Barriers and Creating New Habits	
JAN 27	Video Lesson 19: Cephalic Phase of Digestion	8 AM ET
JAN 28	Video Lesson 20: Body Composition	8 AM ET
JAN 29	Video Lesson 21: Expected Results	8 AM ET
JAN 29	Live Q&A with Megan Ramos	7 PM ET
JAN 30	Video Lesson 22: How Our Brain Affects Our Drive	8 AM ET
JAN 31	Video Lesson 23: Cortisol and Stress	8 AM ET
FEB 1	Video Lesson 24: Disordered Eating and Addiction	8 AM ET
FEB 2	Video Lesson 25: How to Stop Bingeing/Addictive Foods	8 AM ET
FEB 2	Live Q&A with Megan Ramos	11 AM ET
FEB 2	Bonus: Eating Strategies Community Group	12 PM ET
FEB 3	Video Lesson 26: Why We Self-Sabotage	8 AM ET
FEB 4	Video Lesson 27: Strategies to Stop Self-Sabotage	8 AM ET
FEB 5	Video Lesson 28: Wrapping Up to Move Forward	8 AM ET

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FEB 5 Live Workshop with Terri Lance: 7 PM ET

Creating Your Plan and New Relationship With Food

FEB 9 Live Workshop with Terri Lance: 12 PM ET

Ending Emotional Eating