



# The Fasting Method

## Extended Fasting Masterclass

*July 12th to July 19th, 2024*

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See below for the dates that the video lessons will be released and live sessions held.

Friday, July 12	Lesson 1: How to Prepare for an Extended Fast	8 am ET
Saturday, July 13	Follow lesson 1 instructions to prepare	
Sunday, July 14	Follow lesson 1 instructions to prepare	
Monday, July 15	Lesson 2: Making Sure the First 48 Hours Is a Success <a href="#">Live Q&amp;A Session #1</a>	8 am ET <a href="#">10:30 am ET</a>
Tuesday, July 16	Lesson 3: Overcoming the Mid-Week Hump	8 am ET
Wednesday, July 17	Lesson 4: Optimizing the Benefits of Extended Fasts	8 am ET
Thursday, July 18	Lesson 5: How to Break Your Fast Bonus - Lesson 6: Expected Results	8 am ET 8 am ET
Friday, July 19	<a href="#">Live Q&amp;A Session #2</a>	<a href="#">7 pm ET</a>



# Instructions

**To pre-register for live sessions: Registration begins on June 28th**

## From Desktop

- Sign in to your account
- From the menu, go to Appointments
- Click Book Appointment
- Choose the Fasting Method Masterclass provider
- Select Extended Fasting Masterclass Q&A
- Click on the date AND the time
- Confirm the appointment

## From Mobile App

- Sign in to your account
- Go to Sessions at the bottom of your screen
- Click Book
- Choose the Fasting Method Masterclass provider
- Select Extended Fasting Masterclass Q&A
- Click on the date AND the time
- Confirm the appointment

## **To view your lessons on July 12th:**

- Sign in to your account
- From the menu, go to Programs
- Locate your program: Extended Fasting Masterclass July 2024

Note: You **must** pre-register for all live sessions.

Email your questions for the live Q&As 24 hours in advance to:  
[masterclass@thefastingmethod.com](mailto:masterclass@thefastingmethod.com).