



# The Fasting Method

## Extended Fasting Masterclass

*May 17th to May 23rd, 2024*

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

Friday, May 17	Lesson 1: How to Prepare for an Extended Fast	8 am ET
Saturday, May 18	Follow lesson 1 instructions to prepare	
Sunday, May 19	Follow lesson 1 instructions to prepare	
Monday, May 20	Lesson 2: Making Sure the First 48 Hours Is a Success	8 am ET
Tuesday, May 21	Lesson 3: Overcoming the Mid-Week Hump	8 am ET
Wednesday, May 22	Lesson 4: Optimizing the Benefits of Extended Fasts	8 am ET
<a href="#">Wednesday, May 22</a>	<a href="#">Live Q&amp;A Session #1</a>	<a href="#">8 pm ET</a>
Thursday, May 23	Lesson 5: How to Break Your Fast	8 am ET
<a href="#">Friday, May 24</a>	<a href="#">Live Q&amp;A Session #2</a>	<a href="#">10 am ET</a>



# Instructions

**To pre-register for live sessions: Registration begins on May 3rd**

## From Desktop

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

**To view your lessons on May 17th:**

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

## 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 IF Masterclass Q&A
- Click on the date AND the time
- Confirm the appointment

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

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