the Fasting Method

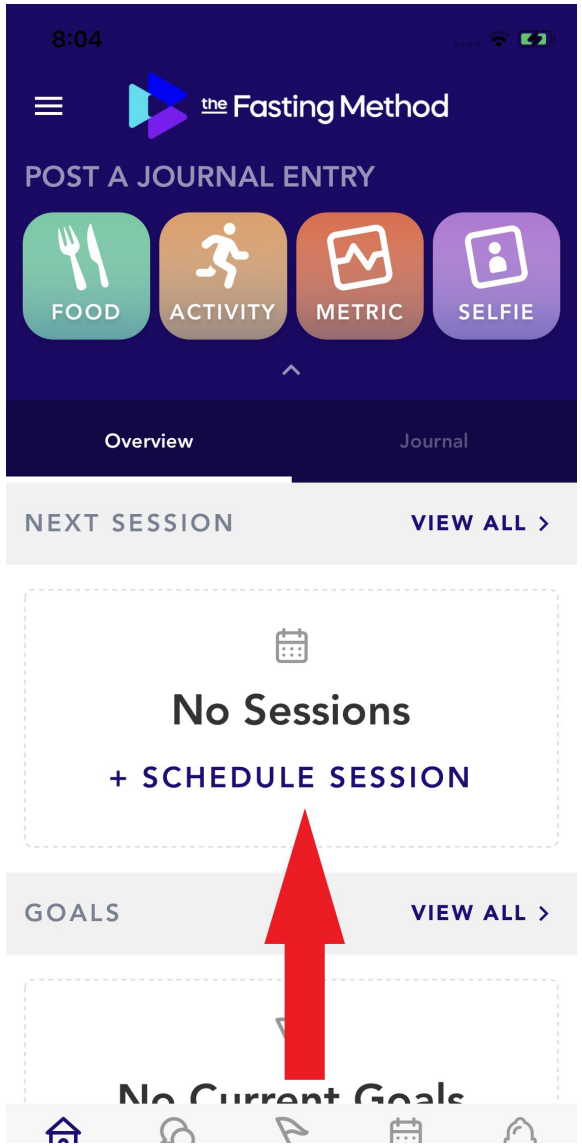
Live Session Registration Instructions

Mobile App

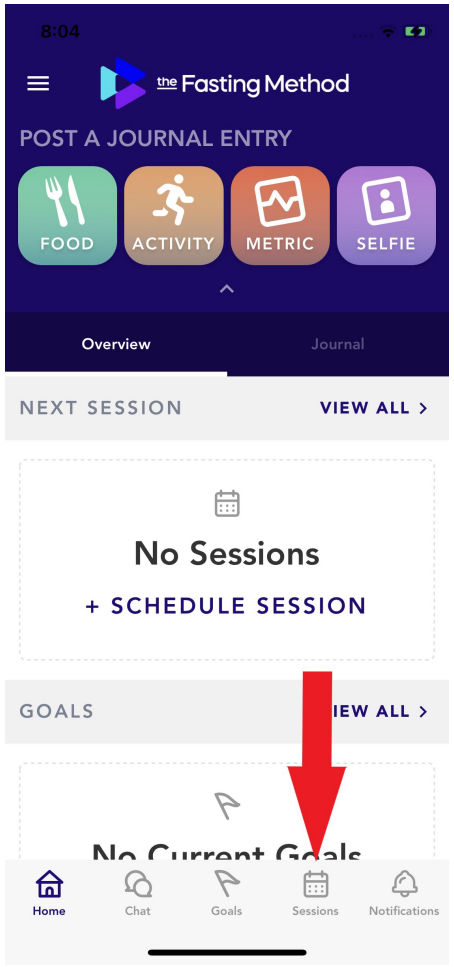
Fat
Fasting
Masterclass

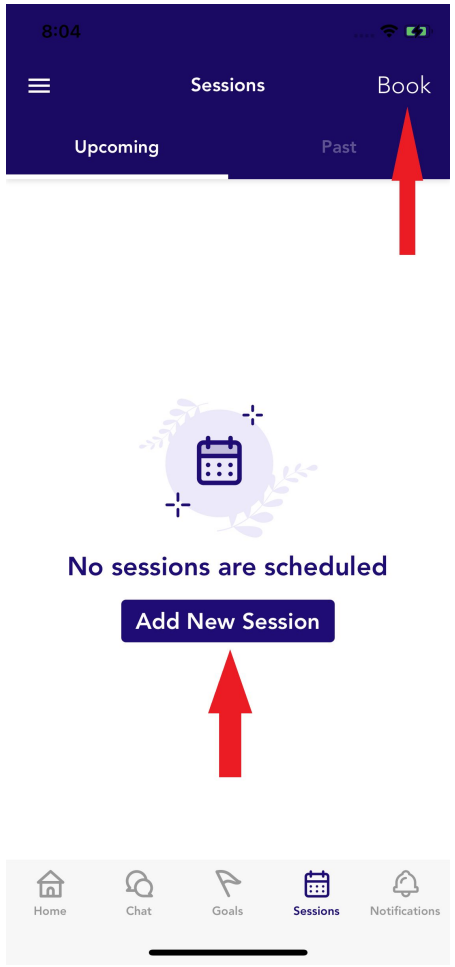
IMPORTANT: You must register in advance for all sessions.

Step 1: From your homepage click "Schedule Session".

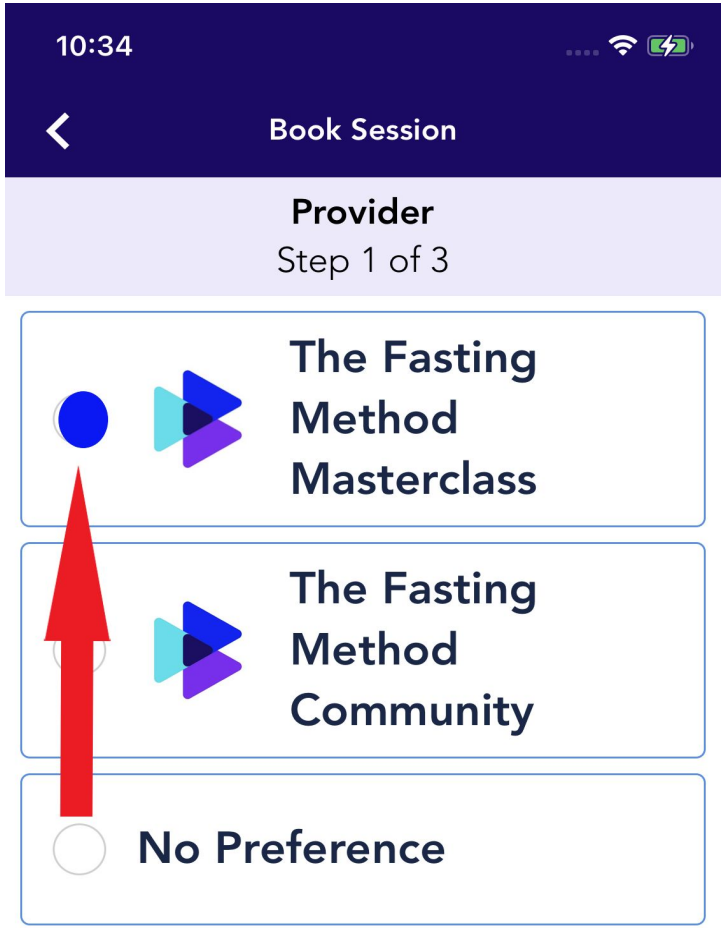


Step 1 Alternative Method:
From your homepage click “Sessions”.
Then click “Add New Session” or “Book”.

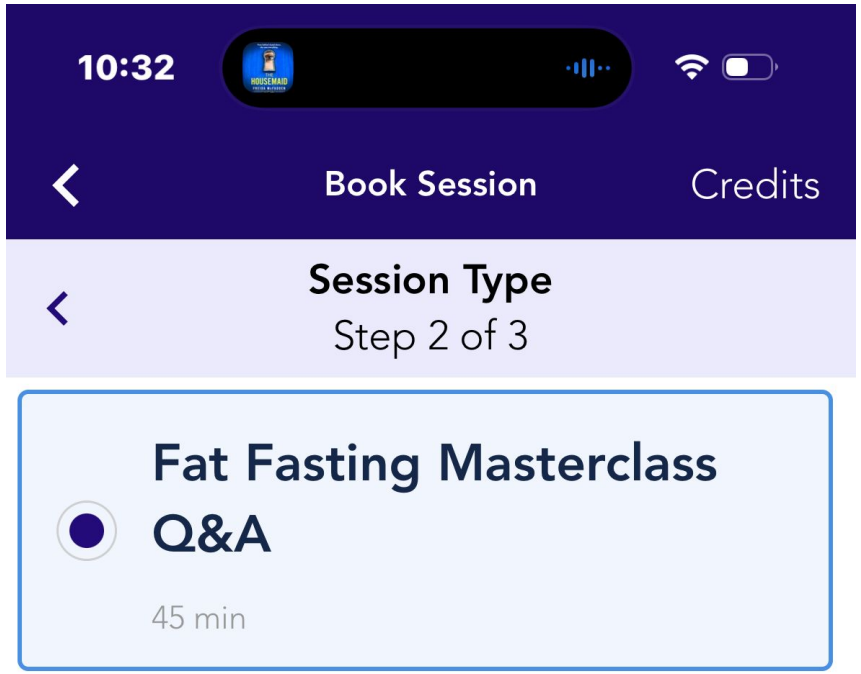




Step 2:
Select The Fasting Method Masterclass as your provider.



Step 3:
Choose Fat Fasting Masterclass Q&A.



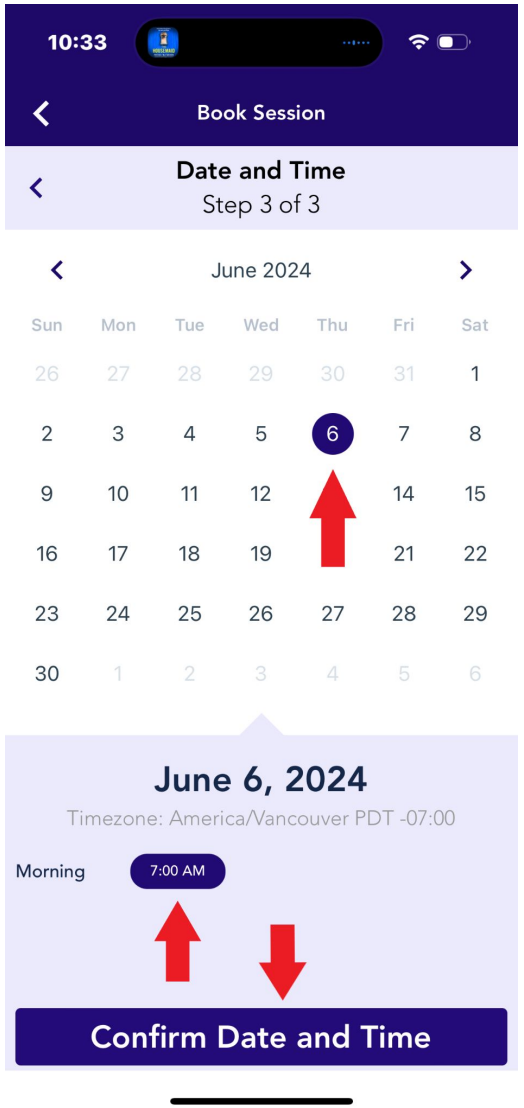
Step 4:
Select the Date and Time of your class. Click Confirm Appointment.

- **Thursday June 6th at 10 AM ET / 7 AM PT**

- All bookable dates will have a grey circle.

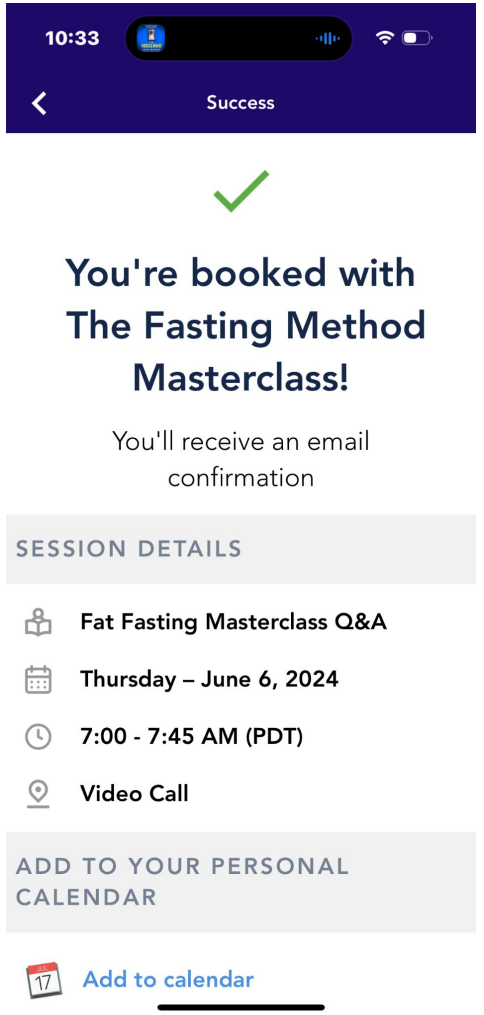
- You must register for all dates in advance or you may miss the session.

- This calendar will only show dates within 30 days.



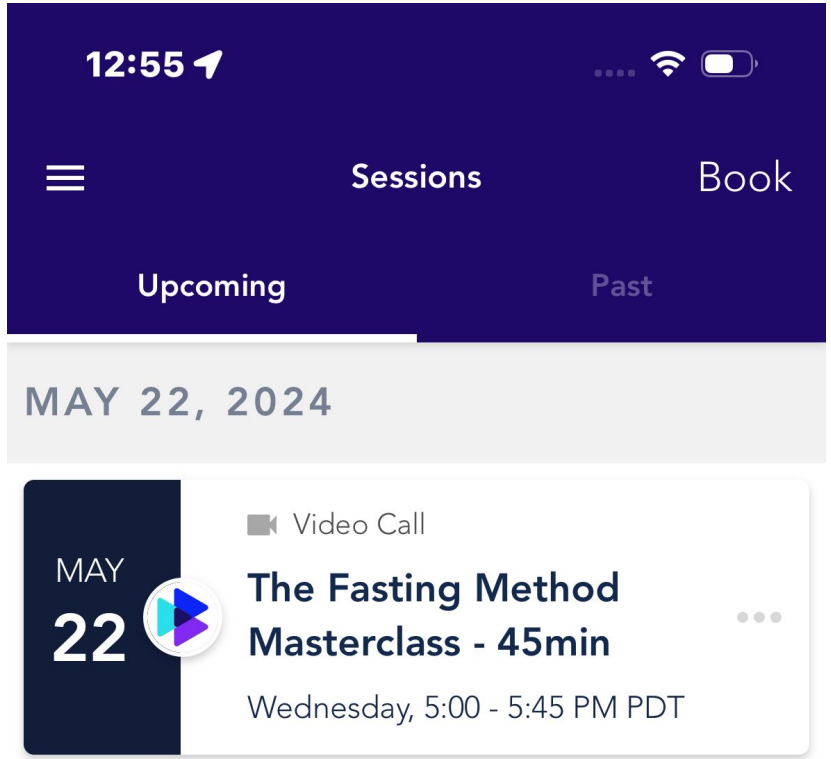
Step 5:
Once you have successfully registered for the session, you will immediately receive a confirmation from the website as well as to your email.

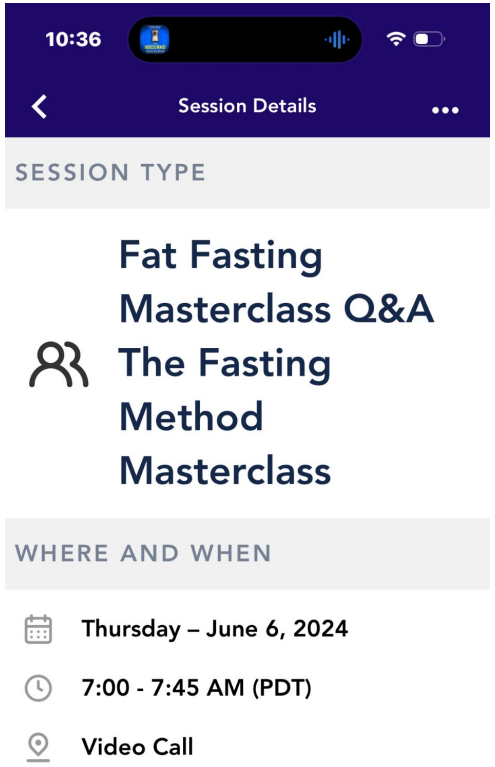
You can also add the session to your own personal calendar.

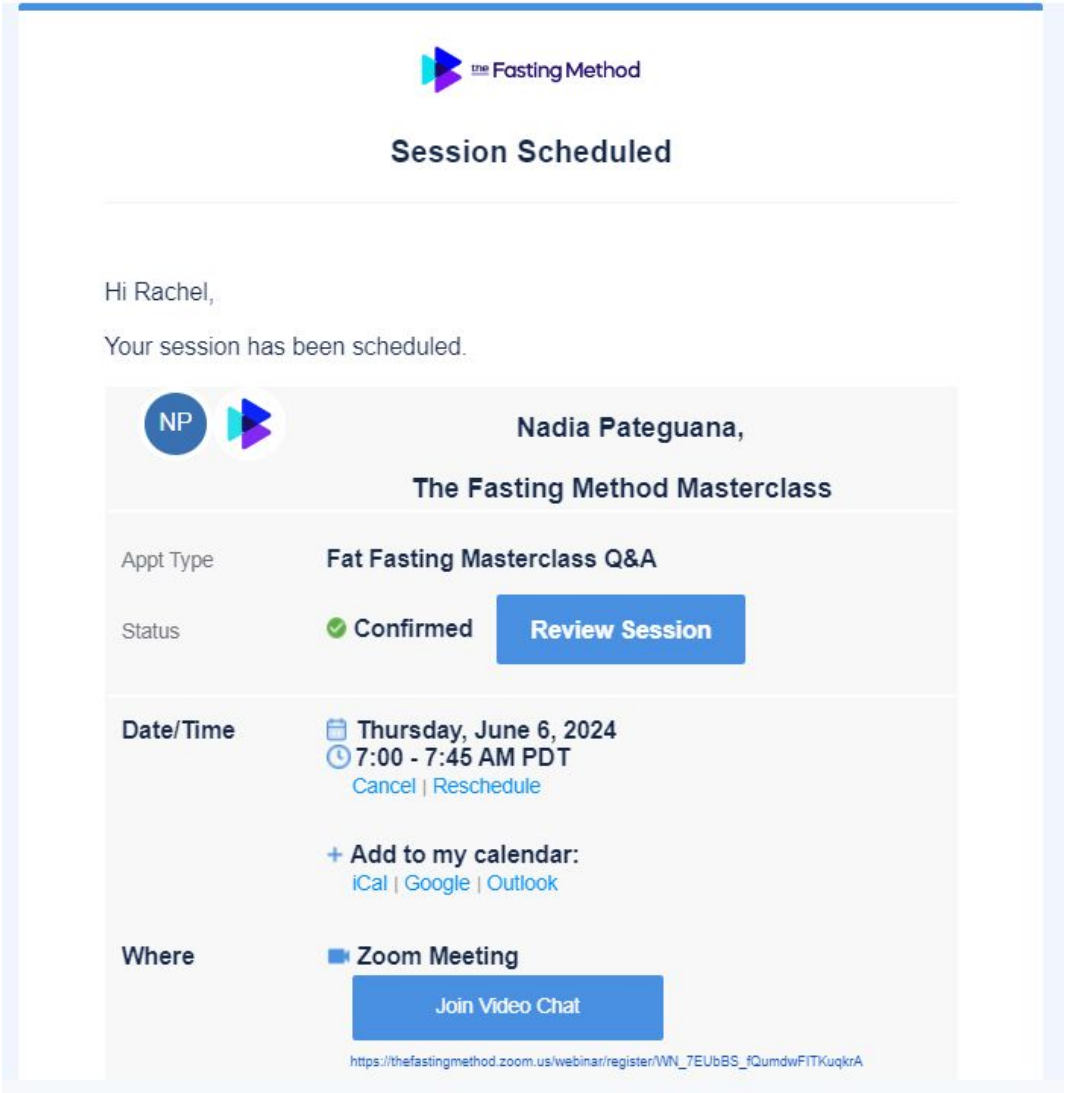


Step 6: Join the live session on the date/time scheduled.

Sign into your TFM account and click on “Sessions”. You will see a list of your upcoming sessions that you had registered for. Click on each session to see full details. The “Join Call” button will appear 10 minutes prior to the start of the live session.





Step 6: Alternative Method

Find your confirmation email that you received after registering. Click on the “Join Video Chat” button.