



The Fasting Method

Intermittent Fasting Masterclass

April 30th to May 13th, 2024

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

Tuesday, April 30	Lesson 1: What Is Insulin and Insulin Resistance?	8 am ET
Wednesday, May 1	Lesson 2: How Fasting and Low-Carb Help	8 am ET
Thursday, May 2	Lesson 3: How to Start Fasting	8 am ET
Thursday, May 2	Live Q&A Session #1	8 pm ET
Friday, May 3	Lesson 4: Therapeutic Fasting Strategies	8 am ET
Saturday, May 4	Lesson 5: Fat Fasting Strategies	8 am ET
Saturday, May 4	Live Q&A Session #2	11 am ET
Sunday, May 5	Lesson 6: Nutrition 101 (Part 1)	8 am ET
Monday, May 6	Lesson 7: Nutrition 101 (Part 2)	8 am ET
Tuesday, May 7	Lesson 8: Troubleshooting your fast	8 am ET
Wednesday, May 8	Lesson 9: Common fasting mistakes	8 am ET
Thursday, May 9	Lesson 10: Common eating mistakes	8 am ET
Thursday, May 9	Live Q&A Session #3	8 pm ET
Friday, May 10	Lesson 11 - Part 1: Extended Fasting Strategies	8 am ET
	Lesson 11 - Part 2: Break-Fast Strategies	
Saturday, May 11	Lesson 12: Cephalic Phase of Digestion	8 am ET
Saturday, May 11	Live Q&A Session #4	11 am ET
Sunday, May 12	Lesson 13: Understanding Your Body Composition	8 am ET
Monday, May 13	Lesson 14: Monitoring Glucose and Ketone Levels	8 am ET



Instructions

To view your lessons on April 30th:

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

To pre-register for live sessions: Registration begins on April 16th

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

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.