



the Fasting Method

Masterclass

SYLLABUS

Week 1

Monday, January 9th

Lesson 1: How to Prepare for a Fast ----- 12 PM ET
Live Zoom Session ----- 12 PM ET

Tuesday, January 10th

Lesson 2: Time Restricted Eating (TRE) ----- 12 PM ET

Wednesday, January 11th

Lesson 3: Fasting Fluids ----- 12 PM ET

Thursday, January 12th

Lesson 4: Hydration + Electrolytes ----- 12 PM ET
Live Zoom Session ----- 5 PM ET

Friday, January 13th

Lesson 5: Intermittent Fasting Strategies ----- 12 PM ET

Saturday, January 14th

Lesson 6: OMAD + the 30/16 Protocol ----- 12 PM ET

Sunday, January 15th

Lesson 7: The 60/40 Rule ----- 12 PM ET



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Week 2

Monday, January 16th

Lesson 8: How to Break Your Fast ----- 12 PM ET

Live Zoom Session ----- 12 PM ET

Tuesday, January 17th

Lesson 9: Tips for Success ----- 12 PM ET

Wednesday, January 18th

Lesson 10: Fasting Troubleshooting ----- 12 PM ET

Thursday, January 19th

Lesson 11: Extended Fasting ----- 12 PM ET

Live Zoom Session ----- 5 PM ET

Friday, January 20th

Lesson 12: Tracking Results ----- 12 PM ET

Saturday, January 21st

Lesson 13: Glucose + Ketones ----- 12 PM ET

Sunday, January 22nd

Lesson 14: Recovery Fasting ----- 12 PM ET

Bonus

Monday, January 30th

Live Zoom Session ----- 7 PM ET

[CLICK HERE TO ACCESS THIS ZOOM SESSION](#)