



the Fasting  
Method

# Live Session Registration Instructions

Desktop & Mobile

Extended Fasting  
Masterclass

# Desktop Instructions

**IMPORTANT: You must register in advance for all sessions.**

**Step 1:** From your homepage click [“Book Appointment”](#).

Alternative Method: Click [“Appointments”](#) then click [“Book Appointment”](#).

**Step 2:** Select [The Fasting Method Masterclass](#) as your provider.

**Step 3:** Choose [Extended Fasting Masterclass Q&A](#).

**Step 4:** Select the [Date](#) and [Time](#) of your class. Click [Confirm Appointment](#).

**Note: You will need to schedule each session individually. Make sure you have scheduled both (2) Q&A’s.**

- Monday, July 15th at 10:30 AM ET / 7:30 AM PT
- Friday, July 19th at 7 PM ET / 4 PM PT

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 5:** Join the live session on the date/time scheduled. Sign into your TFM account and click on [“Appointments”](#). You will see a list of your upcoming sessions that you had registered for. The [“Join Call”](#) button will appear 10 minutes prior to the start of the live session.

Alternative Method: Find your [confirmation email](#) that you received after registering. Click on the [“Join Zoom Call”](#) button.

# Mobile App Instructions

**IMPORTANT: You must register in advance for all sessions.**

**Step 1:** From your homepage click [“Schedule Session”](#).

Alternative Method: Click [“Sessions”](#) then click [“Add New Session”](#) or [“Book”](#).

**Step 2:** Select [The Fasting Method Masterclass](#) as your provider.

**Step 3:** Choose [Extended Fasting Masterclass Q&A](#).

**Step 4:** Select the [Date](#) and [Time](#) of your class. Click [Confirm Appointment](#).

**Note: You will need to schedule each session individually. Make sure you have scheduled both (2) Q&A's.**

- Monday, July 15th at 10:30 AM ET / 7:30 AM PT
- Friday, July 19th at 7 PM ET / 4 PM PT

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 5:** Join the live session on the date/time scheduled. Sign into your TFM account and click on [“Appointments”](#). You will see a list of your upcoming sessions that you had registered for. The [“Join Call”](#) button will appear 10 minutes prior to the start of the live session.

Alternative Method: Find your [confirmation email](#) that you received after registering. Click on the [“Join Zoom Call”](#) button.