



the Fasting
Method

Live Session Registration Instructions

Desktop & Mobile

**Transformations: Mindset & Behavior
Masterclass**

Desktop Instructions

IMPORTANT: You must register in advance for all sessions.

Step 1: From your homepage click “[Book Appointment](#)”. Or Click “[Appointments](#)” from the menu then click “[Book Appointment](#)”.

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

Step 3: Choose [Transformations Masterclass Q&A](#).

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

Step 5: Repeat for all 4 Q&As. See your course syllabus for dates to schedule.

Step 6: Choose [Transformations Masterclass Workshop](#)

Step 7: Select the [Date](#) and [Time](#) of your class. Click [Confirm Appointment](#).

Step 8: Repeat for all 4 workshops. See your course syllabus for dates to schedule.

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 9: 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](#)”. Or click “[Sessions](#)” then click “[Add New Session](#)” or “[Book](#)”.

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

Step 3: Choose [Transformations Masterclass Q&A](#).

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

Step 5: Repeat for all 4 Q&As. See your course syllabus for dates to schedule.

Step 6: Choose [Transformations Masterclass Workshop](#)

Step 7: Select the [Date](#) and [Time](#) of your class. Click [Confirm Appointment](#).

Step 8: Repeat for all 4 workshops. See your course syllabus for dates to schedule.

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.

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