



the Fasting
Method

The Forum

Transformations: Mindset & Behavior Masterclass

Step 1: Access the [Forum](#) through your [Menu](#).

Step 2: Choose [Categories](#).

Step 3: Scroll down and select the [Transformations Masterclass July 2024](#)

Step 4: Click where it says “[CLICK HERE](#)”

Step 5: To type a comment in the thread, scroll down to the bottom and select [Reply](#). Note that [ALL new posts go to the bottom of the thread](#)

Troubleshooting:

Please contact
support@thefastingmethod.com if
you have any issues accessing the
forum.