



Masterclass

SYLLABUS

Week 1

Monday, October 10th

Lesson 1: Time Restricted Eating & Fasting Fluids -----	12 PM ET
Live Zoom Session -----	7 PM ET

Tuesday, October 11th

Live Zoom Workshop -----	1 PM ET
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Wednesday, October 12th

Lesson 2: Word Choices, Self-Talk, -----	12 PM ET
Self-Compassion	

Thursday, October 13th

Live Zoom Session -----	11 AM ET
Live Zoom Workshop -----	8 PM ET

Week 2

Monday, October 17th

Lesson 3: Intermittent and Extended Fasting Protocols -----	12 PM ET
Live Zoom Session -----	7 PM ET

Tuesday, October 18th

Live Zoom Workshop -----	1 PM ET
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Wednesday, October 19th

Lesson 4: Managing Hunger -----	12 PM ET
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Thursday, October 20th

Live Zoom Session -----	11 AM ET
Live Zoom Workshop -----	8 PM ET



the Fasting Method

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Week 3

Monday, October 24th

Lesson 5: Fasting Troubleshooting , Hydration & Electrolytes ----- 12 PM ET
Live Zoom Session ----- 7 PM ET

Tuesday, October 25th

Live Zoom Workshop ----- 1 PM ET

Wednesday, October 26th

Lesson 6: Setting Boundaries With ----- 12 PM ET
Yourself and Others

Thursday, October 27th

Live Zoom Session ----- 11 AM ET
Live Zoom Workshop ----- 8 PM ET

Week 4

Monday, October 31st

Lesson 7: Nutrition 101 & Fat Fasting ----- 12 PM ET
Live Zoom Session ----- 7 PM ET

Tuesday, November 1st

Live Zoom Workshop ----- 1 PM ET

Wednesday, November 2nd

Lesson 8: How to Create and Change Your Habits ----- 12 PM ET

Thursday, November 3rd

Live Zoom Session ----- 11 AM ET
Live Zoom Workshop ----- 8 PM ET



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Week 5

Monday, November 7th

Lesson 9: Break-Fast Strategies ----- 12 PM ET
Live Zoom Session ----- 7 PM ET

Tuesday, November 8th

Live Zoom Workshop ----- 1 PM ET

Wednesday, November 9th

Lesson 10: Emotional Eating ----- 12 PM ET

Thursday, November 10th

Live Zoom Session ----- 11 AM ET
Live Zoom Workshop ----- 8 PM ET

Week 6

Monday, November 14th

Lesson 11: Expected Results ----- 12 PM ET
Live Zoom Session ----- 7 PM ET

Tuesday, November 15th

Live Zoom Workshop ----- 1 PM ET

Wednesday, November 16th

Lesson 12: Strategies to Stop Self-Sabotage ----- 12 PM ET

Thursday, November 17th

Live Zoom Session ----- 11 AM ET
Live Zoom Workshop ----- 8 PM ET