

## January 2026- Level 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
Begin Fasting at 7PM (Eat prior to 7PM)	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM
11	12	13	14	15	16	17
NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD
18	19	20	21	22	23	24
Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM
25	26	27	28	29	30	31
NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NO FOOD	Eat from 7AM-7PM	NORMAL

**Explanation of a 36 hour fast:** Water only from 7PM until 7AM 36 hours later. On eating days, you can eat from 7AM-7PM. Please eat responsibly for maximum health benefits.

### Things you CAN have during the 36 hour:

Water, Seltzer water, Black Tea, Coffee

**NOTE:** IF ABSOLUTELY NECESSARY, YOU CAN HAVE A FASTING BAR. (Can buy on amazon under fasting bar)