

| | ~February 2025~ | | | | | | |
|---|--|---|--|---|---|--|----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| Preparation; Reduce daily caffeine intake. Eliminating fatty/sugar foods will reduce cravings. Stay hydrated. Drink 6 to 8 cups of water daily. Sports drinks are ok. Consult your doctor. IF YOU HAVE SPECIAL DIETARY NEEDS PLEASE CONSULT YOUR DOCTOR BEFORE STARTING THE FAST. | | | | | | | |
| The Body Keep Score | | | | | | | |
| No Fast Day Let's start with a nice prep begin as soon as the Lord give you to green light Fast From 6am -12pm | | Connect with you accountability partner once a day; discuss scripture, meal plans and pray. | Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -12pm | Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Ps 19:14 | Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains James 3:6 | Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Proverbs 18:21 | 1 |
| 2 Water/Warm Lemon Water (non Caffeinated) Until Noon/ Green Salad, Breast of Chicken or Fish RESET DAY | 3 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -12pm Eph 4:4-6 | 4 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -12pm Gal 5:16-26 | 5 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -3pm Eph 6:12 Prayer Night 6-7pm | 6 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -3pm 2 Cor 10:3 | 7 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -6pm Ps. 79:8 | 8 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -6pm Exo 16:8 | |
| 9 Water/Warm Lemon Water (non Caffeinated) Until Noon/ Green Salad, Breast of Chicken or Fish RESET DAY | 10 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -12pm Matt 22:36 | 11 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -3pm 1 John 3:16-18 | 12 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -3pm Heb 10:23-25 Prayer Night 6-7pm | 13 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -6pm Phil 2:1-4 | 14 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -6pm Matt 5:43-48 | 15 Water/Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -6pm Lev 19:18 | |
| 16 Water/Warm Lemon Water (non Caffeinated) Until Noon- Green Salad, Breast of Chicken or Fish RESET DAY | 17 Water-Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -12pm Rom 8:13 | 18 Water-Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -3pm 1 John 2:15-17 | 19 Water-Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -3pm 1 Peter 3:18 Prayer Night 6-7pm | 20 Water-Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -6pm Eph 4:32 | 21 Water-Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Fast From 6am -6pm Eph 2:14-22 | 22 Water-Warm Lemon Water, fruit, veggies, green salad, beans, whole grains Suggestion Fast from 6am-12pm | |
| Reset Day- No eating after 7:00 pm | | | | | | | |
| S4C PRAYER NIGHT 6-7PM | | | | | | | |
| Steamed Vegetables/green salads, Beans, Fresh Fruit, whole grains No Meat - No eating after 7:00 pm (partial Fasting days) | | | | | | | |
| Sunday: Water/Warm Lemon Water, no Caffein Until Noon - Free Afternoon - No eating after 7:00 pm | | | | | | | |
| NO RED MEAT, POTATO CHIPS, FRENCH FRIES, FRIED CHICKEN, SWEETS, SODA, CAFFEIANE OR ANY OTHER COMFORT FOOD | | | | | | | |

This calendar is to be used as a guideline. Please feel free to tailor it for individual success.