



The *Women's* Wellness Program

FASTING, PART 1 CHECKLIST

	Task
<input type="checkbox"/>	Mark your calendar with the next workshop date- Wednesday, July 31
<input type="checkbox"/>	Listen to the Balanced Bites Podcast #298 with Jason Fung
<input type="checkbox"/>	Adopt an intermittent fasting protocol
<input type="checkbox"/>	Look at your calendar for a 24-36+ hour time to complete a water fast
<input type="checkbox"/>	
<input type="checkbox"/>	

n