



The *Keto* Wellness Program

FASTING, PART 2 CHECKLIST

	Task
<input type="checkbox"/>	Mark your calendar with the next workshop date- Tuesday, July 16th (A WHOLE MONTH AWAY!)
<input type="checkbox"/>	Watch/listen to the :35 interview with Dr. Peter Attia on fasting
<input type="checkbox"/>	Pick a 3+ day window of time to complete a water fast
<input type="checkbox"/>	If you plan to test your blood sugar, ketones, weight, and blood pressure during your prolonged fast, make sure you have the equipment to do that.
<input type="checkbox"/>	
<input type="checkbox"/>	