



MY MONTHLY FASTING CHART

Mark Your Days to Fast

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
B L D	B L D	B L D	B L D	B L D	B L D	B L D
B L D	B L D	B L D	B L D	B L D	B L D	B L D
B L D	B L D	B L D	B L D	B L D	B L D	B L D
B L D	B L D	B L D	B L D	B L D	B L D	B L D
B L D	B L D	B L D	B L D	B L D	B L D	B L D

B = Breakfast L = Lunch D = Dinner

~~B~~ ~~L~~ = Half Day Fast

~~B~~ ~~L~~ ~~D~~ = Full Day Fast