



MY LIFE WELL LOVED

BY HEATHER BROWN

30 Day Fasting Challenge

GUIDELINES:

1. **FAST** 16 CONSECUTIVE HOURS.
2. **DRINK** 8 GLASSES OF WATER EACH DAY!
3. **WORKOUT** 3-5 DAYS PER WEEK, DEPENDING ON YOUR HEALTH GOALS + DOCTOR'S RECOMMENDATION.
4. **EAT** HEALTHY MEALS THE OTHER 8 HOURS.
5. **SHARE** YOUR JOURNEY ON SOCIAL TAGGING US!

1 FAST____ WATER____ WORKOUT____	2 FAST____ WATER____ WORKOUT____	3 FAST____ WATER____ WORKOUT____	4 FAST____ WATER____ WORKOUT____	5 FAST____ WATER____ WORKOUT____	6 FAST____ WATER____ WORKOUT____
7 FAST____ WATER____ WORKOUT____	8 FAST____ WATER____ WORKOUT____	9 FAST____ WATER____ WORKOUT____	10 FAST____ WATER____ WORKOUT____	11 FAST____ WATER____ WORKOUT____	12 FAST____ WATER____ WORKOUT____
13 FAST____ WATER____ WORKOUT____	14 FAST____ WATER____ WORKOUT____	15 FAST____ WATER____ WORKOUT____	16 FAST____ WATER____ WORKOUT____	17 FAST____ WATER____ WORKOUT____	18 FAST____ WATER____ WORKOUT____
19 FAST____ WATER____ WORKOUT____	20 FAST____ WATER____ WORKOUT____	21 FAST____ WATER____ WORKOUT____	22 FAST____ WATER____ WORKOUT____	23 FAST____ WATER____ WORKOUT____	24 FAST____ WATER____ WORKOUT____
25 FAST____ WATER____ WORKOUT____	26 FAST____ WATER____ WORKOUT____	27 FAST____ WATER____ WORKOUT____	28 FAST____ WATER____ WORKOUT____	29 FAST____ WATER____ WORKOUT____	30 FAST____ WATER____ WORKOUT____