



The Action Points

1. Get a new hobby

Plan an activity for every evening of the week, even if it is just something as simple as organizing your sock drawer or going for a walk. By staying busy, you will avoid the temptation to eat. Choose a new hobby you can enjoy on a regular basis. It could be by yourself or with friends – such as a game of bridge or knitting or poker. Be sure that if it is with friends that you do not allow snacks to infiltrate your activity.

2. Check the community

If you haven't already, check out what's going on in the community. You can see what's trending in the community and join the discussion. You can ask questions, interact with other fasting aficionados and share your experiences or just read about how others are experiencing the benefits of fasting.

3. Check out the Personal Coaching

<https://thefastingmethod.com/coaching/>

Our experienced personal coaches are here to help! They can answer your questions, help design a personalized fasting schedule, troubleshoot your fasts, provide encouragement and keep you accountable.

4. Read the book 'The Complete Guide to Fasting'

In this book, Dr. Jason Fung lays out all the science and practical aspects of using intermittent and extended fasting for weight loss and improving health. It is a handy reference for all the materials covered in the Fasting Method program.