



## The Action Points

### 1. Make a schedule and follow it

Make a fasting schedule that you'll be able to reasonably follow. Try to push your 24 hours fasts to three times per week or more. Don't be rigid about it, though. Change the schedule to accommodate your life's special events.

### 2. Drink a glass of water or tea instead of eating when you feel hungry, and then wait 30 minutes to see whether your hunger goes away

Learn whether you are actually hungry, or if your body is just accustomed to eating at a particular time. Hunger is like a wave, and giving it some time allows it to pass. Fasting is like a muscle and it takes work to get it stronger.

### 3. Eliminate all sweeteners from your tea and coffee

It will taste strange at first, for sure. But you will get used to it.

### 4. Join a Focus Group (Class)

Sign up to join one of our Focus Group sessions (Classes). There are lots of different topics and times to choose from. Learn more about fasting for weight loss and health. Learn new behavioral modification strategies. Learn how to deal with plateaus and holiday eating strategies.