



the Fasting
Method

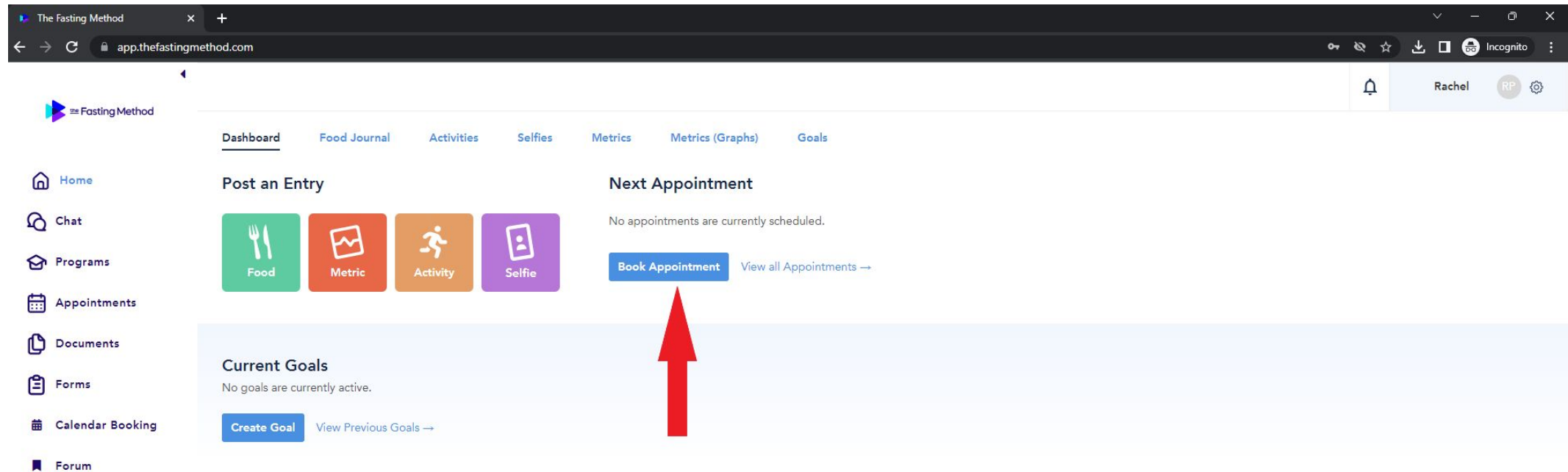
Live Session Registration Instructions

Desktop

Fat Fasting
Masterclass

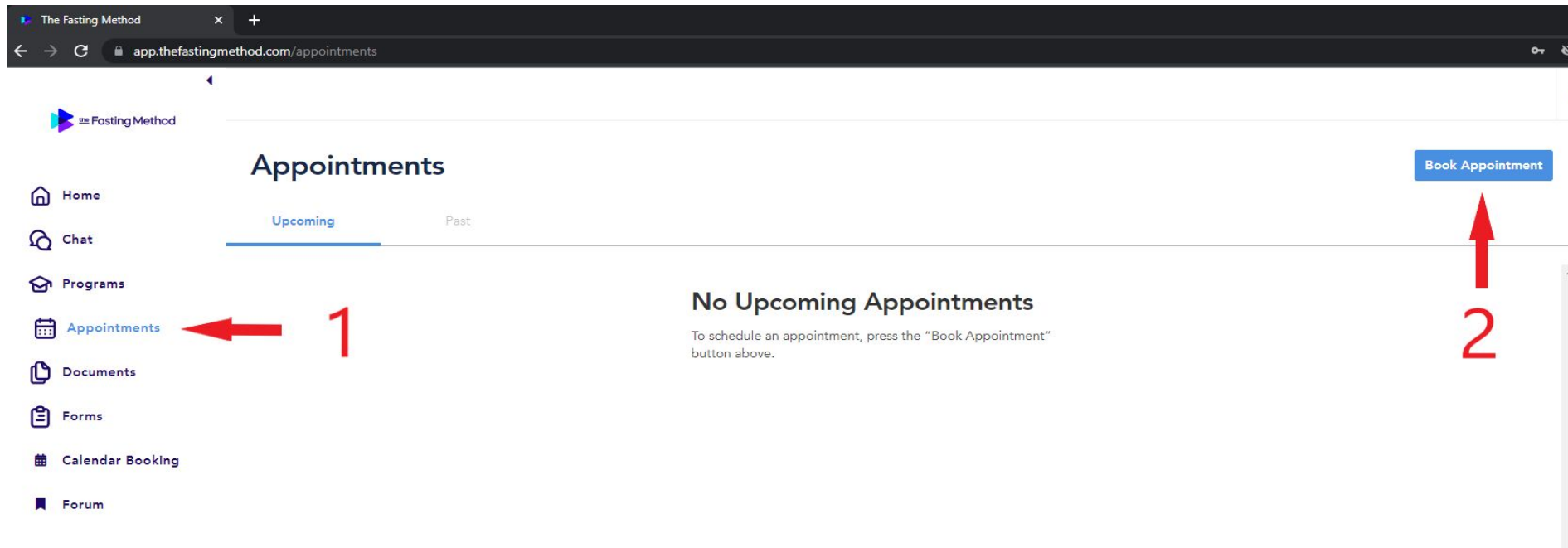
IMPORTANT: You must register in advance for all sessions.

Step 1: From your homepage click “**Book Appointment**”.



The screenshot displays the homepage of 'The Fasting Method' app. The browser address bar shows 'app.thefastingmethod.com'. The user is logged in as 'Rachel'. The navigation menu includes 'Dashboard', 'Food Journal', 'Activities', 'Selfies', 'Metrics', 'Metrics (Graphs)', and 'Goals'. The main content area is divided into three sections: 'Post an Entry' with buttons for 'Food', 'Metric', 'Activity', and 'Selfie'; 'Next Appointment' with a 'Book Appointment' button and a 'View all Appointments' link; and 'Current Goals' with a 'Create Goal' button and a 'View Previous Goals' link. A red arrow points to the 'Book Appointment' button.

Step 1 Alternative Method:
Click “Appointments” then click “Book Appointment”.



Step 2: Select **The Fasting Method Masterclass** as your provider.

The screenshot shows a web browser window with the URL `app.thefastingmethod.com/appointments`. The page title is "Book an Appointment". On the left is a navigation menu with items: Home, Chat, Programs, Appointments (highlighted), Documents, Forms, Calendar Booking, and Forum. The main content area shows a three-step process:

- 1 Select a Provider
- 2 Appointment Type
- 3 Date/Time

Under the "1 Select a Provider" step, there are three selectable options, each with a "Select" button:

- The Fasting Method Community
- The Fasting Method Masterclass (indicated by a red arrow)
- No Preference

Step 3: Choose **Fat Fasting Masterclass Q&A**.



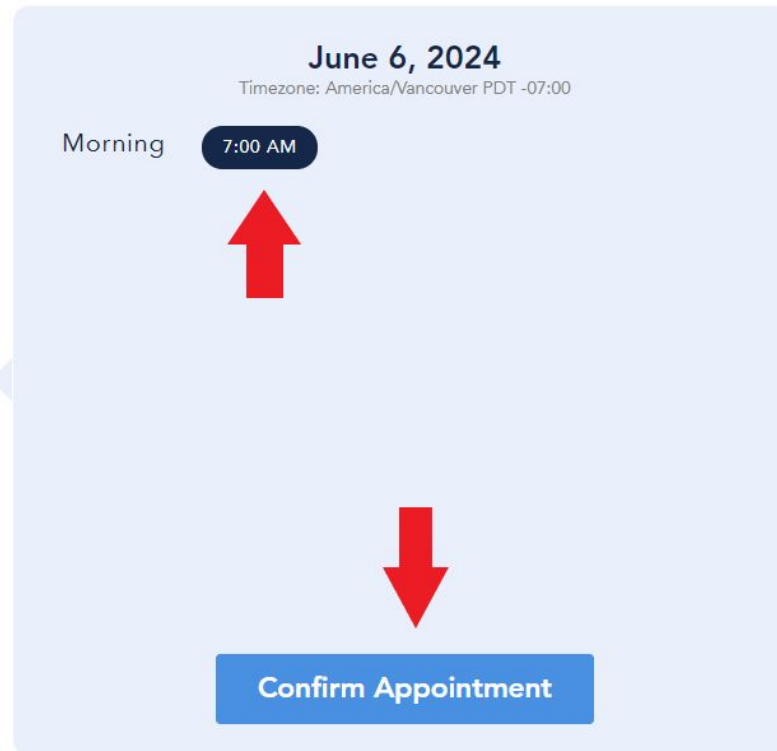
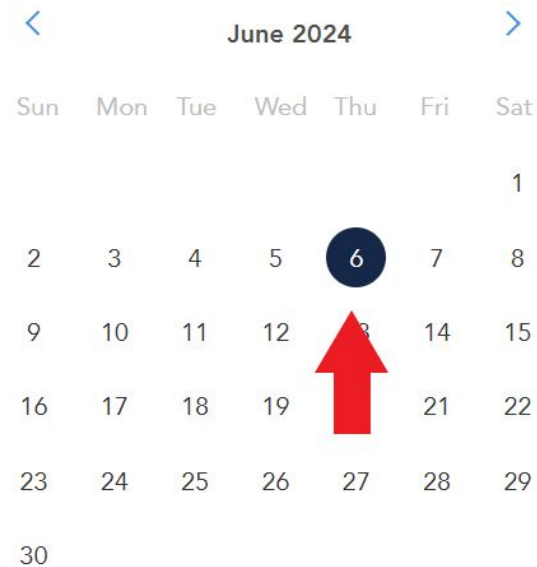
Fat Fasting Masterclass Q&A

45 Minutes

Confirm Appointment Type

Step 4:
Select the **Date** and **Time** of your class. Click **Confirm Appointment**.

- **Thursday June 6th at 10 AM ET / 7 AM PT**



Step 5:

Once you have successfully registered for the session, you will immediately receive a confirmation from the website as well as to your email.

You can also add the session to your own personal calendar.



You're booked with The Fasting Method Masterclass!

You'll receive an email confirmation

Details

 Fat Fasting Masterclass Q&A

 Thursday - Jun 6, 2024

 7:00 - 7:45 AM (PDT)

 Secure Videochat

Step 6: Join the live session on the date/time scheduled.

Sign into your TFM account and click on “[Appointments](#)”. You will see a list of your [upcoming sessions](#) that you had registered for. The “[Join Call](#)” button will appear 10 minutes prior to the start of the live session.

Appointments

[Book Appointment](#)

[Upcoming](#)

[Past](#)

JUN 06



Secure Videochat - Fat Fasting Masterclass Q&A

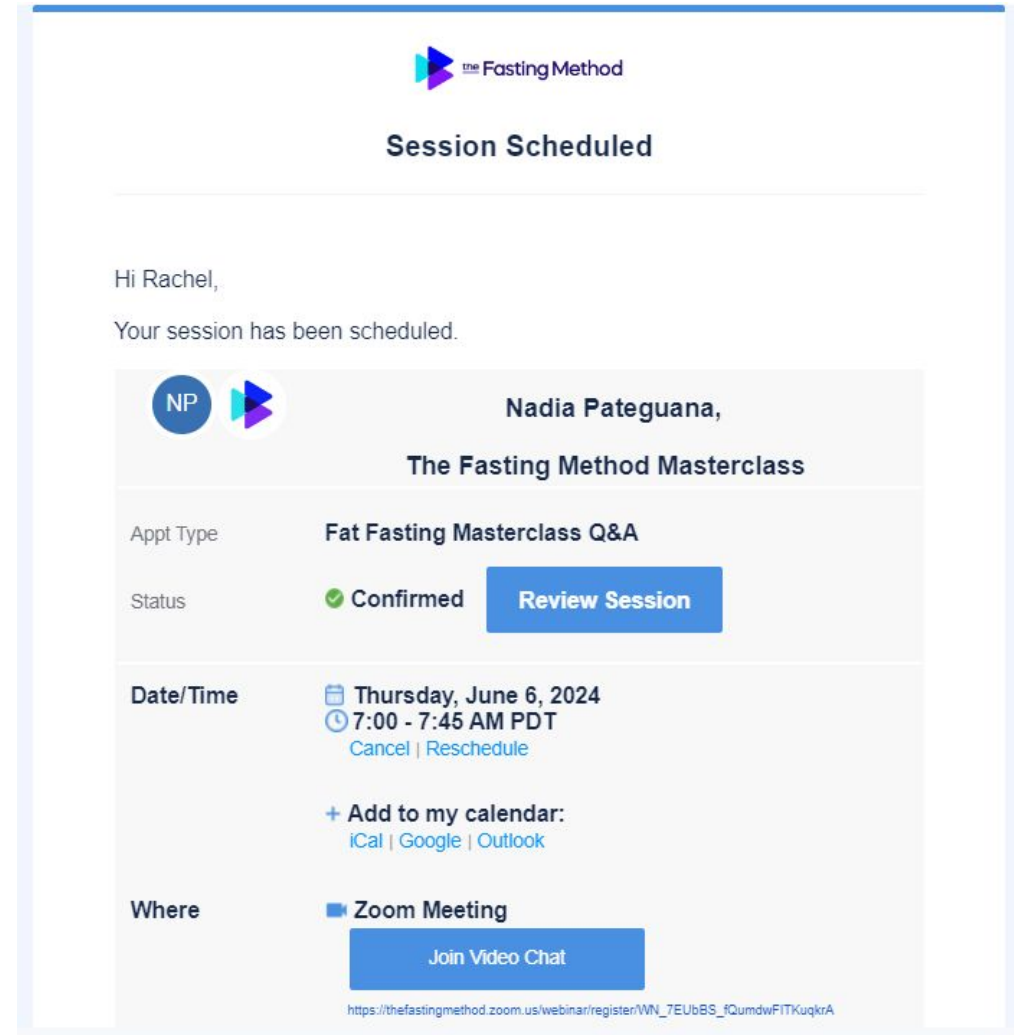
Fat Fasting Masterclass Q&A - 45min

Thursday, 7:00 - 7:45 AM PDT



Step 6: Alternative Method

Find your confirmation email that you received after registering. Click on the “[Join Video Chat](#)” button.







the Fasting Method

Session Scheduled

Hi Rachel,

Your session has been scheduled.

NP  **Nadia Pateguana,**
The Fasting Method Masterclass

Appt Type	Fat Fasting Masterclass Q&A
Status	✔ Confirmed Review Session
Date/Time	 Thursday, June 6, 2024  7:00 - 7:45 AM PDT Cancel Reschedule
	+ Add to my calendar: iCal Google Outlook
Where	 Zoom Meeting Join Video Chat

https://thefastingmethod.zoom.us/webinar/register/WN_7EUbBS_tQumdwFITKuqkrA