

# Intermittent Fasting for Weight Loss & Type 2 Diabetes

## 6-Week Masterclass Syllabus, Jan. 31 - Mar. 13, 2022

Day	Date	Lesson Agenda	Session Type	Narrator	Link
<b>WHENEVER</b>		<b>CHAT WITH OTHERS IN A PRIVATE FORUM THREAD FOR MASTERCLASS MEMBERS</b>	N/A		<a href="#">CHAT HERE</a>
Jan 25		<b>WATCH 2 VIDEOS ON MASTERCLASS INTRO AND INSTRUCTIONS</b>	N/A		<a href="#">SEE MODULE</a>
Jan 24-30		<b>TAKE YOUR PRE-COURSE LABS USING SOWELL KIT</b>	N/A		<a href="#">WATCH HOW TO VIDEO</a>
<b>DAILY</b>		<b>TAKE YOUR BIOSENSE READINGS ON FASTING DAYS - EVERY 4 HRSTAKE YOUR BIOSENSE READINGS ON NON-FASTING DAYS - UPON WAKING, BEFORE MEALS, BEFORE BED</b>	N/A		<a href="#">WATCH HOW TO VIDEO</a>
Mon	Jan 31	<b>Lesson 1: Time Restricted Eating</b> In Lesson 1, Coach Nadia explains the concept of time restricted eating and why snacking throughout the day can be detrimental for losing weight and reversing type 2 diabetes.	Video	Nadia	
Tues	Feb 1	<b>Live Q&amp;A # 1 at 10:00 am ET</b> - Ask your questions related to the course format and lesson 1 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Nadia	<a href="#">Register Here</a>
Wed	Feb 2	<b>Lesson 2: Growth Mindset</b> In lesson 2, Coach Terri explains the impact of your thoughts, self-talk, and overall mindset on how you approach making health and lifestyle changes.	Video	Terri	
Thurs	Feb 3	<b>Live Q&amp;A # 2 at 7:00 pm ET</b> - Ask your questions related to lessons 1 and 2 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Terri	<a href="#">Register Here</a>
Fri	Feb 4	<b>Lesson 3: How to Track Your Progress</b> In lesson 3, Coach Andrea explains why you can't rely on the scale to measure your progress and explains more accurate ways to determine your results.	Video	Andrea	
Mon	Feb 7	<b>Lesson 4: Build Healthy Habits</b> In lesson 4, Coach Terri explains how to build healthy habits and replace unhealthy habits as far as eating, fasting, and other self-care activities.	Video	Terri	
Tues	Feb 8	<b>Live Q&amp;A # 3 at 10:00 am ET</b> - Ask your questions related to lessons 3 and 4 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Andrea	<a href="#">Register Here</a>
Wed	Feb 9	<b>Lesson 5: Intermittent Fasting Protocols</b> In lesson 5, Megan breaks down the different intermittent fasting strategies, and who each protocol is best suited for. She also discusses the right vs. wrong way to eat one meal a day.	Video	Megan	
Thurs	Feb 10	<b>Live Q&amp;A # 4 at 7:00 pm ET</b> - Ask your questions related to lessons 4 and 5 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Megan	<a href="#">Register Here</a>
Fri	Feb 11	<b>Lesson 6: Fasting Fluids &amp; Training Wheels</b> In lesson 6, Coach Nadia shares what you can and can't have during a fast, and what tools you can use to get through sticky points.	Video	Nadia	

Mon	Feb 14	<b>Lesson 7: Feel Good Chemicals</b> In lesson 7, Coach Terri explains some neurobiology as far as different parts of your brain and the role they play in this journey, and the brain chemicals that you will want to understand so you do not feel controlled by them.	Video	Terri	
Tues	Feb 15	<b>Live Q&amp;A # 5 at 10:00 am ET</b> - Ask your questions related to lessons 6 and 7 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Nadia	<a href="#">Register Here</a>
Wed	Feb 16	<b>Lesson 8: Nutritional Strategies</b> In lesson 8, Coach Andrea discusses how the three macronutrients (carbs, protein and fat) affect our insulin levels, and the differences between paleo, low-carb and ketogenic diets.	Video	Andrea	
Thurs	Feb 17	<b>Live Q&amp;A # 6 at 7:00 pm ET</b> - Ask your questions related to lessons 7 and 8 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Megan	<a href="#">Register Here</a>
Fri	Feb 18	<b>Lesson 9: Troubleshooting Side Effects &amp; Electrolytes</b> In lesson 9, Megan reviews common struggles while fasting, how to prevent them from occurring, and the importance of salt and magnesium.	Video	Megan	
Mon	Feb 21	<b>Lesson 10: Stress and Sleep</b> In lesson 10, Coach Terri explains the importance of both managing stress and getting good sleep, and provides strategies to help you improve these keys to helping your metabolic health.	Video	Terri	
Tues	Feb 22	<b>Live Q&amp;A # 7 at 10:00 am ET</b> - Ask your questions related to lessons 9 and 10 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Andrea	<a href="#">Register Here</a>
Wed	Feb 23	<b>Lesson 11: Fat Fasting &amp; Problematic Foods</b> In lesson 11, Coach Nadia explains how you get control cravings and ease your fats with fat fasting strategies.	Video	Nadia	
Thurs	Feb 24	<b>Live Q&amp;A # 8 at 7:00 pm ET</b> - Ask your questions related to lessons 10 and 11 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Terri	<a href="#">Register Here</a>
Fri	Feb 25	<b>Lesson 12: Emotional Eating</b> In lesson 12, Coach Terri explains the challenge of emotional eating as far as why we do it and how to change these patterns.	Video	Terri	
Mon	Feb 28	<b>Lesson 13: Expected Results: Weight-loss and Blood Glucose</b> In lesson 13, Coach Andrea discusses common trends in weight-loss, blood sugar and insulin trends while fasting, and what to look for in terms of tracking progress.	Video	Andrea	
Tues	Mar 1	<b>Live Q&amp;A # 9 at 10:00 am ET</b> - Ask your questions related to lessons 12 and 13 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Nadia	<a href="#">Register Here</a>
Wed	Mar 2	<b>Lesson 14: Extended Fasting Strategies</b> In lesson 14, Megan breaks down what happens in the body during an extended fast, and when and how often you should do them.	Video	Megan	
Thurs	Mar 3	<b>Live Q&amp;A # 10 at 7:00 pm ET</b> - Ask your questions related to lessons 13 and 14 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Terri	<a href="#">Register Here</a>
Fri	Mar 4	<b>Lesson 15: Self-Sabotage</b> In lesson 15, Coach Terri explains how self-sabotage behaviors are common barriers to making healthy lifestyle changes and how to decrease them in order to feel better able to achieve your goals and sustain the important skills you are developing.	Video	Terri	



Mon	Mar 7	<b>Lesson 16: How to Break A Fast</b> In lesson 16, Coach Nadia shares her top break-fast strategies guaranteed to help reduce or eliminate unwanted side effects.	Video	Nadia	
Tues	Mar 8	<b>Live Q&amp;A # 11 at 10:00 am ET</b> - Ask your questions related lessons 15 and 16 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Andrea	<a href="#">Register Here</a>
Wed	Mar 9	<b>Lesson 17: Limiting Beliefs</b> In lesson 17, Coach Terri addresses how you can prevent yourself from falling into the trap of bingeing or going off track from your eating or fasting plans by using previously discussed awareness of how different parts of your brain work for or against you.	Video	Terri	
Thurs	Mar 10	<b>Live Q&amp;A # 12 at 7:00 pm ET</b> - Ask your questions related to lessons 16 and 17 - Submit your questions in advance to <a href="mailto:Masterclass@thefastingmethod.com">Masterclass@thefastingmethod.com</a>	Zoom	Megan	<a href="#">Register Here</a>
Fri	Mar 11	<b>Lesson 18: Building a Community</b> In lesson 18, Megan explains the importance of connecting with like-minded people and how support and accountability are the keys to maintenance success.	Video	Megan	
Mar 14-20		<b>TAKE YOUR POST-COURSE LABS USING SOWELL KIT</b>			<a href="#">WATCH HOW TO VIDEO</a>

