

Be-In-Health Ministry Boot Camp Challenge

Month of February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 L3	2 L3	3 L1	4 L3	5 L3	6 L3
7 L2	8 L3	9 L3	10 L1	11 L3	12 L3	13 L3
14 L2	15 L3	16 L3	17 L1	18 L3	19 L3	20 L3
21 L2	22 L3	23 L3	24 L1	25 L3	26 L3	27 L3
28 L2						

L1: Level 1 days are 24 hour fasts.

L2: Level 2 days are 20 hours of fasting from the night before until the beginning of a 4 hour window of eating of one meal.

L3: Level 3 days are 16 hours of fasting from the night before until the beginning of an 8 hour window of eating of two meals.