

2019 January 21 Day Fasting Calendar

Come Close!

Your Name _____

(Please return to Pst. Nick. Your fast will be kept confidential. No one else will see this.)

The **Fasting Calendar** is divided into 3 weeks. Each cell represents a day of the 21 Day Fast, from Tuesday 1/1 to Monday 1/21. In each cell enter a code based on selecting your **Type** of fast. *Leave cells BLANK on days you're not planning to fast.*

How To Fill Your Fasting Calendar

1 = Full Fast - Water Only or Water & Liquids Only

2 = Daniel Fast – No Meats. No Sweets. No Bread

3 = Partial Fast – Basically Sun Up to Sun Down

+ = Enter a **+** sign if you know you're going to fast that day but not sure what type of fast.

Week 1	Code	Week 2	Code	Week 3	Code
		Monday 1/7		Monday 1/14	
Tuesday 1/1		Tuesday 1/8		Tuesday 1/15	
Wednesday 1/2		Wednesday 1/9		Wednesday 1/16	
Thursday 1/3		Thursday 1/10		Thursday 1/17	
Friday 1/4		Friday 1/11		Friday 1/18	
Saturday 1/5		Saturday 1/12		Saturday 1/19	
Sunday 1/6		Sunday 1/13		Sunday 1/20	
				Monday 1/21	