

January 2012 Fasting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	No Eating before 3:00pm January 2-8					
8	9	10	11	12	13	14
	One Meal a day January 9 -15					
15	16	17	18	19	20	21
	No Meat January 16-22					
22	23	24	25	26	27	28
	Soup and Juice January 23-29					
29	30	31				
	Water Only January 30-31					
				Prayer Nightly from 7pm – 8-m Wednesday is Family Night Friday is Youth & Marriage Night		