

MOSAIC HEALTH



**FASTING  
CHALLENGE  
GUIDE**

*\*This document does not contain medical advice, nor is it a replacement for medical advice from a qualified health professional. The contents of this document are for informational and discussion purposes only. This document is not intended to diagnose, treat, cure or prevent any condition, disease or illness. Consult your licensed physician or dietician any time you plan to make changes to your diet, exercise or eating patterns. As always, food and dietary choices are left to the individual consumer.*

---

## What is Fasting?

Fasting is the abstinence or reduction of food, drink, or both, for a specific period of time, either intentional or unintentional. Everyone endures periods of fasting (e.g. while sleeping), however when a fast is broken usually differs between individuals.

When you fast, your body begins by burning your stored sugar, and then it burns your stored fat. In essence, during feasting you burn food for energy, and during fasting you burn energy from your stored food. When you fast, you deplete much of your stored sugar. Your muscles then become much more efficient at using fat for energy. This happens because your muscles learn how to use the fat for energy by increasing the amount of proteins that metabolize that fat. In other words, your muscles learn to burn fat, not sugar.

## What is Intermittent Fasting?

A particular method of fasting, known as “intermittent fasting,” has steadily gained attention because it shows tremendous promise for fat loss, cancer prevention, muscle building, and increased resilience. The basic idea behind intermittent fasting is to eat all of your daily food for a brief period (restricting caloric intake) and fast the rest of the time. This tells your body to simultaneously build muscle and burn fat.

This particular method of fasting has been known to extend your life, improve brain function, and makes you more resilient on all levels. Once you start intermittent fasting, you will have gained an advantage on your peers in health, longevity, and performance (benefits include improved focus and mental clarity, reduced blood pressure, decreased inflammation, and increased energy).

# FASTING METHODS

## 24 Hour Water Fast

This more traditional method allows you to fast from all food for a full 24 hour period. The 24 hour period is not necessarily a fast through one entire day of the week (i.e. all of Tuesday), but rather a 24 hour fast between meals (e.g fast between Monday's dinner at 6:00pm through Tuesday's dinner at 6:00pm = 24 total fasting hours). You still eat each day, however you aim to keep your last meal and first meal between 500-600 calories.

## Intermittent 12/12, 14/10, 16/8, 20/4\*

(\*fasting time/eating time)

You eat all of your daily calories within a shortened period (e.g. 4 to 12 hours) and then fast for the rest of the day. You can do this every day, or a few times a week. You'll need to experiment with your timing to see how you feel.

## Intermittent Coffee Fasting

Intermittent coffee fasting closely resembles the intermittent method, but with one crucial difference: you drink a cup of Bulletproof Coffee in the morning. This method gives you an edge in a few ways:

- You don't feel hungry and distracted during your fast.
- Your body doesn't signal that you're starving so you don't produce extra stress hormones that make you hang onto weight or eat off-schedule.
- As long as you're eating fat without protein and carbs, you will still get the benefits of a pure fast.
- Fat doesn't interrupt *autophagy*, so your cells continue to remove waste even though you feel full.

### autophagy

Over time, cells accumulate dead organelles, damaged proteins, and oxidized particles that interfere with cell function and accelerate aging. Autophagy is the body's method of recycling the junk in your cells, which keeps you young. It's the cellular equivalent of burning your trash to stay warm. The best way to trigger autophagy is intermittent fasting.

# How to do a fast

1. Choose a fasting method.
2. Make yourself a rough schedule of when you'll eat and when you'll fast. You don't have to be perfect - you can always adjust your start/end times to adapt your schedule to how your day plays out.
3. Plan meals you'll enjoy. Restricting eating times is much easier if you love the food you're eating when it's time.

## FASTING JOURNAL

### Choose Your Fast:

- |                                |                                       |
|--------------------------------|---------------------------------------|
| <input type="checkbox"/> 24hr  | <input type="checkbox"/> 18/6         |
| <input type="checkbox"/> 12/12 | <input type="checkbox"/> 20/4         |
| <input type="checkbox"/> 14/10 | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> 16/8  |                                       |

Did you have coffee while you were fasting? \_\_\_ yes \_\_\_no

---

\_\_\_\_\_ Yesterday - fasting start time  
\_\_\_\_\_ Fasting end/eating start time  
\_\_\_\_\_ Eating end time  
\_\_\_\_\_ Total fasted hours  
\_\_\_\_\_ Total eating hours

- Fasting start time is the time you finished your last bite of food **yesterday**
- Fasting end/eating start time is the time you had your first meal **today**.
- Eating end time is the time you took your last bite of food **today**.
- Total fasted hours is total time between fasting start time and fasting end time.
- Total eating hours is total time between eating start time and eating end time.

# Fast Evaluation:

Focus	Morning	Mid-day	Evening
I can't think straight			
I'm distracted			
My mind wanders often			
I have effective concentration			
I am in the flow			

Energy	Morning	Mid-day	Evening
I'm struggling			
I'm feeling tired			
I'm just getting by			
I have more energy than normal			
I'm unstoppable!			

Hunger	Morning	Mid-day	Evening
I cant stop thinking about food			
Im moderatley hungry			
Im fairly hungry			
Im satiated for longer than usual			
I'll eat because its time, but could go longer			
I haven't even thought about food			

While fasting, I prayed and/or meditated about:

While fasting, God has revealed this to me: