

Transformational Fasting Checklist

Give me six hours to chop down a tree and I will spend the first four sharpening the axe.

—Abraham Lincoln

Planning the fast

- Determine your “why” for transformational fasting and your intention.
- Decide where to fast.
 - Nature fast? Pick a peaceful location and pack the appropriate equipment for it (e.g., backpack, sleeping bag, water).
 - Retreat fast? Pick a retreat center.
 - Home fast? Prepare a peaceful space for yourself.
- Choose the type of fast.
 - Juice fast? Gather fruits, vegetables, and a juicer ahead of time.
 - Water fast? Ensure you have plenty of clean drinking water.
- Choose how long to fast.
 - Plan time away from work if necessary.
- Determine your fasting ground rules.
 - Set boundaries for fast.
 - Set expectations with loved ones.
- Do necessary research on fasting.
 - Read this entire book.
 - Check the References section for other useful books and articles related to transformational fasting.
 - Speak to your doctor about any health issues or medication concerns.
 - If water-fasting for longer than seven days, do research on the risks involved and any vitamin supplementation necessary. Consider a supervised fast.

Diet preparation

- The week before your fast, focus on a whole foods–based diet with plenty of fresh fruits and vegetables. It’s best to avoid red meat, dairy products, and oily or fried foods that are hard to digest. Listen to your body in terms of what kinds of food are best for you to prepare for this time.
- If you are doing a water-only fast, taper off caffeine.

Tracking the fast

- Start using a journal. Use this journal to capture your thoughts, feelings, and insights as soon as you commit to your fast.
- Weigh yourself using a scale.
- Measure your level of ketosis using a ketosis blood meter.
- Track your heart rate and sleep quality using a fitness tracker.
- Closely monitor any medical condition you may have (e.g., blood pressure or blood sugar).

Breaking your fast

- Have ingredients for your post-fast meal readily available.
 - Choose miso or vegetable soup, bone broth, juices, or smoothies.
 - Avoid overeating.
 - Avoid dairy products, eggs, raw cruciferous vegetables, nuts and nut butters, oily or fried foods that are hard to digest, red meat, and alcohol.
- Arrange for sufficient time after the fast for reintegration.
 - For a three-day fast, it’s ideal to take at least one day to reflect on your journal entries, uncover insights, and set intentions for your life post-fast.
 - Find someone you can share your experiences with.