

AWAKENING

PRAYER, FASTING, AND PERSONAL DEVOTION GUIDE

Awakening 21 Day Fasting Calendar

Plan your fasting week	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Use this area of your fasting calendar to choose what days of the week you will fast and what each day will look like.	Day 1 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 2 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 3 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 4 Juices & Water / All Day	Day 5 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 6 Juices & Water / All Day	Day 7 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains
This is a sample of what one variation of the Daniel fast can look like & may include soy protein. You may also choose to exclude legumes & whole grains altogether & eat only fruits, vegetables, & water (& soy protein)	Day 8 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 9 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 10 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 11 Juices & Water / All Day	Day 12 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 13 Juices & Water / All Day	Day 14 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains
Some people also choose to modify their overall fasting plan to end with a special 3 day fast as indicated here. Again, these are just samples of what your fasting plan can look like.	Day 15 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 16 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 17 Fruits, Vegetables & Water / Day Dinner – include legumes & Whole grains	Day 18 Juices & Water / All Day	Day 19 Juices & Water / All Day	Day 20 Juices & Water / All Day	Day 21 Juices & Water / All Day

My Personal Fasting Plan: (List here what foods or activities you will be fasting:

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

My Personal Fasting Plan: (List here what foods or activities you will be fasting: