

Day 19

Success is the sum of small efforts, repeated day-in and day-out.

Don't Binge: After fasting, pretend it never happened. Continue eating normally and get back into your regular eating routine, as if you had never fasted. Healthy eating is all about balanced and moderate eating, consisting of feeding and fasting.

 Fast Time  Eat Time

* You can space out the fasting



18 : 6

*Fast 18 hrs / Eat 6 hrs