

CENTER FOR HOPE YOUTH MINISTRY'S

21 DAY AWAKENING FASTING SCHEDULE

JANUARY 10TH—30TH 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 <i>Fasting Item</i> <i>All Video & Computer Games</i>	11 <i>Fasting Item</i> <i>Television, DVD, Videos, Movies</i>	12 <i>Fasting Item</i> <i>Fast Food</i>	13 <i>Fasting Item</i> <i>Daniel Fast</i> <i>(Eat Fruits & Vegetables Only)</i>	14 <i>Fasting Item</i> <i>Facebook/MySpace/ Twitter</i> <i>(All Social Networking)</i>	15 <i>Fasting Item</i> <i>All Video & Computer Games</i>
16 <i>Fasting Item</i> <i>Television, DVD, Videos, Movies</i>	17 <i>Fasting Item</i> <i>Sugar, Desserts, & Candy</i>	18 <i>Fasting Item</i> <i>Facebook/MySpace/ Twitter</i> <i>(All Social Networking)</i>	19 <i>Fasting Item</i> <i>Texting With Friends</i>	20 <i>Fasting Item</i> <i>No Meats</i>	21 <i>Fasting Item</i> <i>Television, DVD, Videos, Movies</i>	22 <i>Fasting Item</i> <i>Facebook/MySpace/ Twitter</i> <i>(All Social Networking)</i>
23 <i>Fasting Item</i> <i>Fast Food</i>	24 <i>Fasting Item</i> <i>Sugar, Desserts, & Candy</i>	25 <i>Fasting Item</i> <i>Daniel Fast</i> <i>(Eat Fruits & Vegetables Only)</i>	26 <i>Fasting Item</i> <i>Television, DVD, Videos, Movies</i>	27 <i>Fasting Item</i> <i>Facebook/MySpace/ Twitter</i> <i>(All Social Networking)</i>	28 <i>Fasting Item</i> <i>Liquids Only</i> <i>Water, Juice, and Fruit Smoothies Allowed</i>	29 <i>Fasting Item</i> <i>All Video & Computer Games</i>
30 <i>Fasting Item</i> <i>Facebook/MySpace/ Twitter</i> <i>(All Social Networking)</i>	31					

