

NEW HOPE WINDWARD

3 DAY FAST

January 16-18

**Starts Monday Morning
Ends Wednesday Evening**

Low Commitment

✓ Check 1

Medium Commitment

✓ Check 3

High Commitment

✓ Check 8

- NO SUGARS**
- NO WHITE FOODS**
- NO CAFFEINE**
- NO ALCOHOL**
- NO PROCESSED FOOD**

- NO MEATS**
 - NO FOOD**
 - NO MEDIA**
 - OTHER**
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