

INTERMITTENT FASTING CHALLENGE CHECKLIST

1

Grab your Intermittent Fasting Meal Plans.

2

Optional: Get 5 cups of coffee for \$1!



3

Join the AEN Private Facebook Group.

4

Set a goal.



5

Join the weekly YouTube Livestreams.



Checklist Intermittent Fasting

Lingsheng Yao

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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