

# ARISE

A CORPORATE CALL TO FAST



## 1ST WEEK

- ONE DAY TOTAL FAST
- OTHER SIX DAYS FAST ONE MEAL

## 2ND WEEK

- TWO DAYS TOTAL FAST
- OTHER FIVE DAYS FAST ONE MEAL

## 3RD WEEK

- THREE DAYS TOTAL FAST
- OTHER FOUR DAYS FAST ONE MEAL

## 4TH WEEK

- FOUR DAYS TOTAL FAST
- OTHER THREE DAYS EAT AS NORMAL

## 5TH WEEK

- FIVE DAYS TOTAL FAST
- OTHER TWO DAYS EAT AS NORMAL

## 6TH WEEK

- SIX DAYS TOTAL FAST
- OTHER ONE DAY EAT AS NORMAL

## 7TH WEEK

- SEVEN DAYS OF COMPLETE FASTING