

2012 Heavenly Treasures and Radical for Christ 21 Day Children and Youth Fast Calendar

January 2012

GRACE DAY = No restrictions

MEAT = Meat and Seafood

SWEETS = Desserts, Candy, Drinks with sugar

SOCIAL MEDIA = Facebook, Twitter, Myspace, Texting (*Other than school related*)

VIDEO ENTERTAINMENT = TV, Streaming Media, Internet Videos

GAMING = Video, Mobile apps

DRIVE THRU = Any restaurant with a drive thru

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	GRACE DAY 1	FAST •VIDEO ENTERTAINMENT 2	FAST •MEAT •SWEETS 3	FAST •GAMING 4	FAST •DRIVE THRU 5	FAST •SOCIAL MEDIA 6	GRACE DAY 7
WEEK 2	GRACE DAY 8	FAST •VIDEO ENTERTAINMENT 9	FAST •MEAT •SWEETS 10	FAST •GAMING 11	FAST •DRIVE THRU 12	FAST •SOCIAL MEDIA 13	GRACE DAY 14
WEEK 3	GRACE DAY 15	GRACE DAY 16	FAST •MEAT •SWEETS 17	FAST •GAMING 18	FAST •DRIVE THRU 19	FAST •SOCIAL MEDIA 20	GRACE DAY 21
WEEK 4	GRACE DAY 22	FAST •VIDEO ENTERTAINMENT 23	FAST •MEAT •SWEETS 24	FAST •GAMING 25	FAST •DRIVE THRU 26	FAST •SOCIAL MEDIA 27	GRACE DAY 28
WEEK 5	GRACE DAY 29	FAST •VIDEO ENTERTAINMENT 30	FAST •MEAT •SWEETS 31				

