

# Worksheet

GUT HEALTH QUEST

PRE-FAST CHECKLIST  
& FAST SCHEDULE

# Repair. Restore. Reboot.

## EXTENDED FAST CHECKLIST

- Complete the “Customize Your Journey” Worksheet  
*(Have a clear plan/goal for your fast)*

### Things to buy/have on hand...

- Ketone Supplements *(Caffeinated & Caffeine Free)*
- Natural Spring Water
- Mineral Water
- Ocean Mineral Supplement
- Mineralized Salt *(Pink Himalayan Salt or Celtic Sea Salt)*
- Calming Night Time Tea
- Herbal Sleep Supplements *(Valerian Root, Passion Flower, etc)*
- CBD Oil
- Skin Dry Brush *(Exfoliating brush, loofah, or something coarse to exfoliate your skin)*

## RECOMMENDED FAST SCHEDULE

### SUNDAY: 8:00 P.M.

- Do these 3 things to jumpstart the detoxification process:
  - Jump (on a small trampoline, if you have one)
  - Dry brush your entire body, starting at feet and working your way up to your heart
  - Take a thorough, hot shower after dry brushing
- 30 mins Prior to Bed - Night time Tea/Supplements/CBD Oil
  - Strive for 8+ hours of rest

#### ***What's Happening in Your Body: 4-8 Hours Fasted***

- Blood sugars fall
- All food has left the stomach
- Insulin is no longer produced

# MONDAY

- Upon Waking
  - Jump for 2 minutes
  - Go for a brisk walk
  - Consume ketone supplements using your distilled or natural spring water. Add 1/4-1/2 tsp OmniBlue Ocean Minerals.  
*(If you haven't used them before, it's best to go lighter on the ocean minerals)*

## ***What's Happening in Your Body***

### 12 Hours Fasted

- Food consumed has been burned
- Digestive system goes to sleep
- Body begins healing process
- HGH begins to increase
- Glucagon is released to balance blood sugars

### 14 Hours Fasted

- Body has converted to using stored fat as energy
- HGH starts to increase dramatically

### 16 Hours Fasted

- Body is ramping up fat burning

### 18 Hours Fasted

- HGH starts to skyrocket

- Anytime Midday or Evening
  - Consume ketone supplements using your distilled or natural spring water.
- Stay Hydrated
  - Throughout the day, drink natural spring with mineralized salt, and mineral water to stay hydrated and remineralize.
- Dry Brush Skin

## MONDAY *(continued)*

- Maximize Hot & Cold Exposure
  - Throughout the day, get as much hot and cold exposure as you can through sauna, cold showers, etc.
- 30 mins Prior to Bed - Night time Tea/Supplements/CBD Oil
  - Strive for 8+ hours of rest

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*8:00 p.m. = 24 Hour Fast Complete*

### ***What's Happening in Your Body: 24 Hours Fasted***

- Gut microbiome numbers proliferated
- Overall gut microbiota diversity increases
- Autophagy begins
- Glycogen stores are drained
- Naturally produced ketones are released into bloodstream

## TUESDAY

Follow same schedule as Monday.

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*8:00 a.m. = 36 Hour Fast Complete*

### ***What's Happening in Your Body: 36 Hours Fasted***

- Autophagy increases by 300%

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*8:00 p.m. = 48 Hour Fast Complete*

### ***What's Happening in Your Body: 48 Hours Fasted***

- Autophagy increases 30% more
- Immune system reset and regeneration takes place
- Increased reduction in inflammatory response

## WEDNESDAY

Follow same schedule as Monday & Tuesday.

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*8:00 a.m. = 60 Hour Fast Complete*

***What's Happening in Your Body: 60 Hours Fasted***

- Apoptosis is in full swing - weak cells are being replaced by new, healthy cells

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*8:00 p.m. = 72 Hour Fast Complete*

***What's Happening in Your Body: 72 Hours Fasted***

- Autophagy has maxed out
- New stem cells begin to activate