



Purpose of the fast: _____

Days you are going to fast: _____

Things that you are going to fast: Food, Drinks, Television, Eating Out, Other

Prayer time for fasting: _____

Schedule

1 st day Feb. 22 Ash Wednesday	Feb. 23 rd	Feb. 24 th	Feb. 27 th	Feb. 28 th
March 1 st	March 2 nd	March 3 rd	March 6 th	March 7 th
March 8 th	March 9 th	March 10 th	March 13 th	March 14 th
March 15 th	March 16 th	March 17 th	March 20 th	March 21 st

March 22 nd	March 23 rd	March 24 th	March 27 th	March 28 th
March 29 th	March 30 th	March 31 st	April 1 st	April 2 nd
April 3 rd	April 4 th	April 5 th	April 6 th Holy Thursday	April 7 th Good Friday