

*fasting*

fast from all screen time  
(tv, computer, video games, readers, iPhone, etc.)

*fasting*

fast from tattling

*fasting*

sleep without your pillow or  
lovey

*fasting*

fast from eating out

*fasting*

fast from yelling

*fasting*

fast from your favorite food  
for a week

*fasting*

fast from snacks

*fasting*

fast from sweets

*fasting*

fast from buying anything on  
Sunday

*fasting*

fast from saying something  
negative about someone else