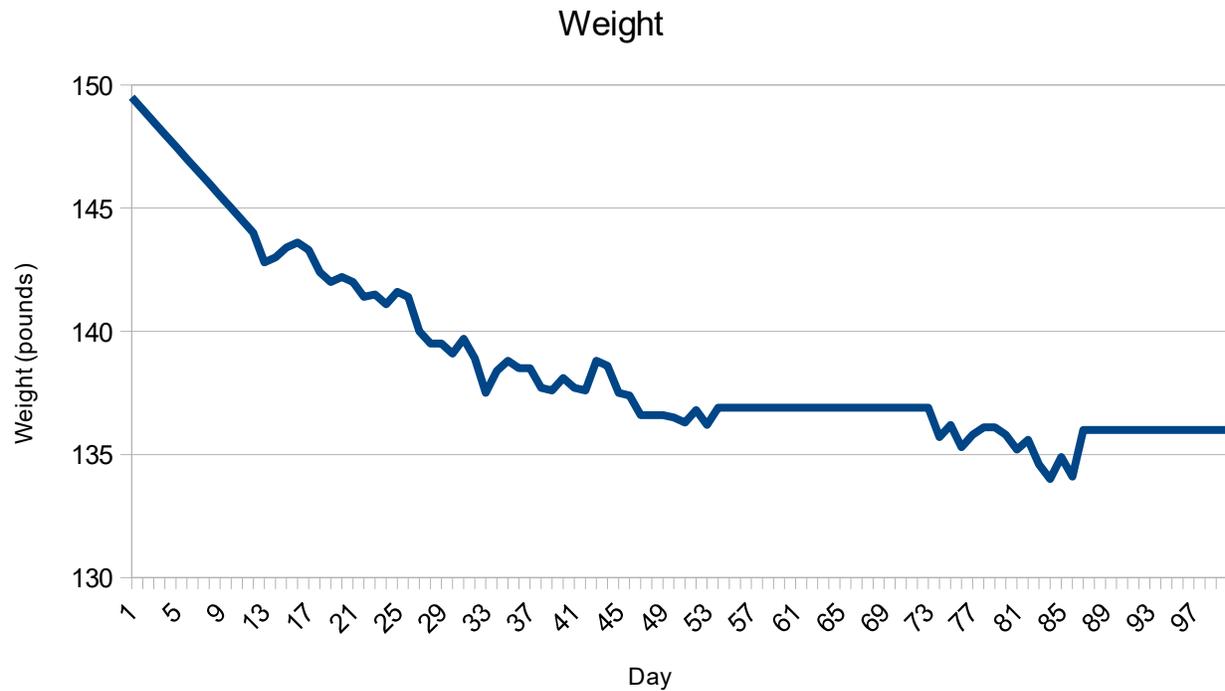


## Faye's 2019 Diet: Day 100 Report



Due to unforeseen travel, I ended up cutting the diet short at Day 88. I did a total of 5 fasts: four 24-hour fasts (evening to evening) and one 36-hour fast (evening to morning). My final weight loss at the end of the diet was about 15 lbs (depending on measurement error). The intermittent fasting seemed to be reasonably effective for weight loss (about 1lb/week), although I only ended up doing it for two weeks, so it didn't really get a full trial.