

fasting hours

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

| DATE | FASTING HOURS | EATING HOURS |
|------|---------------|--------------|
| 1 | | |
| 2 | | |
| 3 | | |
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| 14 | | |
| 15 | | |
| 16 | | |

| DATE | FASTING HOURS | EATING HOURS |
|------|---------------|--------------|
| 17 | | |
| 18 | | |
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