Fasting during term: study, sleep and meal planner

Plan a fasting month around classes and exams: when to study, sleep and eat, what to cook ahead, and which deadlines to raise early.

NAME

DATE

FASTING PERIOD (DATES)

EXAMS OR BIG DEADLINES INSIDE IT

Day	Pre-dawn meal	Best study block	Rest or nap	Evening meal	Night study or worship
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

COOK AHEAD

Cook-ahead meal	Batch size	Shopping needed

CHECK

- [ ] Moved hard study to my best-energy hours
- [ ] Told instructors early about any exam or lab clash
- [ ] Planned water and food for before dawn and after sunset
- [ ] Asked a doctor or campus health service if I have a health condition

SOURCES (CHECKED 2026-11-26)

McGill's Office of Religious and Spiritual Life says all McGill students can access its programming, support and spiritual care. https://www.mcgill.ca/morsl/ (checked 2026-11-26)