



# Intermittent Fasting Checklist

**Y Pai**



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section 1 the board of directors shall consist of the elected officers of the club the present ambassador or host coordinator standing committee chairpersons and any additional members appointed by a majority vote of the existing board

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bylaws of friendship force international structure and membership of the international board of directors the board of directors is charged with setting policy for the organization establishing strategic direction and overseeing business operations board membership may range from 6 to 16 individuals according to the bylaws

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