



# F1

**GET INSPIRED AND  
TAKE THE NEXT STEPS  
TO LOOK BETTER AND  
FEEL BETTER.**



FOREVER®

# ARE YOU READY?

## FOREVER F.I.T. 1 WILL TEACH YOU HOW TO CHANGE THE WAY YOU THINK...

...about food and exercise and provide you with the knowledge you need to get inspired and change your body for the better!

You **CAN** lose weight, you **CAN** look better and feel better than ever before, and you **CAN** make a permanent change for the better. **Forever F.I.T. 1** will show you how.†

THERE ARE MANY VARIABLES THAT CAN AFFECT YOUR ABILITY TO LOOK AND FEEL BETTER.

LEARNING WHAT THESE VARIABLES ARE, AND HOW TO USE THEM TO YOUR ADVANTAGE, IS HALF THE BATTLE.



Forever Aloe Vera Gel®  
Four 1 Liter Bottles

Forever PRO X2® High Protein Bars  
10 Bars

Forever Lite® Meal Replacement  
2 Pouches

What your F.I.T. 1 Pak Includes:

Forever Fiber®  
30 Packets

Forever Therm®  
60 Tablets

Forever Garcinia Plus®  
70 Softgels

†Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any natural health products.



# LET'S GET STARTED.

FOREVER F.I.T. 1 IS SPECIALLY DESIGNED TO PROVIDE YOU WITH THE TOOLS FOR HEALTHIER LIVING THAT WILL PROPEL YOU TO SUCCESS IN YOUR WEIGHT LOSS JOURNEY. FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.



## RECORD YOUR MEASUREMENTS.

Record your measurements in a notebook. Keeping track of your measurements is the best way to measure your success on the **Forever F.I.T.** program.



## GOAL SETTING IS IMPORTANT.

Set realistic goals for yourself and measure your progress as you move through the program.



## RECORD YOUR CALORIES.

Keeping track of your calorie intake is important to help you look and feel better. Record your calorie intake in a notebook or use a calorie tracking app like **MyFitnessPal**.



## DRINK PLENTY OF WATER.

Drinking eight glasses (2 Liters) of water a day can help you feel fuller, flush out toxins and support healthy skin and optimal health.



## PUT DOWN THE SALTSHAKER.

Salt contributes to fluid retention. Flavor foods with herbs and spices instead.



## AVOID SODAS AND CARBONATED BEVERAGES.

Carbonation promotes bloating. Drinking soda also adds unwanted calories and sugar.

# YOUR SUPPLEMENT SCHEDULE DAYS 1 TO 30.

FOLLOW YOUR SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE THE MAXIMUM RESULTS ON THE FOREVER F.I.T. 1 PROGRAM.

## Breakfast

**120 ml Forever Aloe Vera Gel®**  
With a minimum of 250 ml of water

**2 Scoops Forever Lite®**

Mixed with water, nonfat, almond, rice or soy milk

**1 Forever Therm® Tablet**

## Snack

**1 Packet Forever Fiber®**

Mixed with 250-300 ml of water or other beverage

Be sure to take **Forever Fiber®** separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.

## Lunch

**1 Forever Garcinia Plus® Softgel**

Taken 20 minutes before eating



**1 Forever Therm® Tablet**

## Snack

**Forever PRO X2® High Protein Bar**



**Or you may substitute for**

**2 Scoops Forever Lite®**

Mixed with water, nonfat, almond, rice or soy milk



## Dinner

**1 Forever Garcinia Plus® Softgel**

Taken 20 minutes before eating



If you prefer to have a meal for breakfast, and a protein shake made with **Forever Lite®** for lunch or dinner, feel free to make the switch!



**A GREAT WAY TO DRINK YOUR DAILY ALOE IS TO MIX IT WITH ARGH+® (SOLD SEPARATELY)! ARGH+® PROVIDES 5 GRAMS OF L-ARGININE PER SERVING PLUS SYNERGISTIC VITAMINS TO GIVE YOUR BODY THE BOOST IT NEEDS TO KEEP GOING ALL DAY LONG. MIX 60 ML OF FOREVER ALOE VERA GEL®, ONE SCOOP OF ARGH+® AND WATER TO TASTE THEN SHAKE WITH ICE FOR A DELICIOUS NEW WAY TO ENJOY THE BENEFITS OF ALOE ALONG WITH A GREAT BOOST OF ENERGY!**

# THE BENEFITS OF SOY PROTEIN.

Soy is a complete protein that is very low in fat and cholesterol. While there is a lot of misinformation about soy, research shows that soy protein:

- + HELPS TO SUPPORT THE BUILDING AND REPAIR OF MUSCLE TISSUE AFTER EXERCISE\*
- + HELPS TO SUPPORT THE CARDIOVASCULAR SYSTEM\*
- + HELPS TO SUPPORT THE SKELETAL SYSTEM\*
- + MAY HELP TO SUPPORT THE IMMUNE SYSTEM\*

# LIFESTYLE CHANGE AND DEDICATION.

When it comes to weight loss, changing your mind is as important as changing your body. Without learning new habits, any weight that you lose could be gained back if you slip back into the old habits that caused you to gain weight in the first place.

# EAT THIS, NOT THAT.

Everyone has cravings. While it's important to eat healthy and stick to your daily calories and nutrition, denying yourself the foods you crave entirely can actually do more harm than good.

The **Forever FIT** program is designed to help teach you how to make your weight loss sustainable so you can conquer your health goals long after you complete the program.



## Instead of Pies, Cakes and Sweet Treats...

...try a sliced apple with a tablespoon of natural peanut or almond butter, or a fresh fig spread with a little ricotta.

### Why?

Reaching for fruit will satisfy your sweet tooth without derailing your diet or adding unwanted calories.

## Instead of Potato Chips and Salty Snacks...

...try natural popcorn, baked whole wheat pita chips, kale chips or a handful of nuts in the shell.

### Why?

These snacks will satisfy the need for something crunchy with much less fat and lower sodium.

## Instead of Candies and Cookies...

...try a piece of dark chocolate or dried fruit and seed mixes.

### Why?

Dark chocolate and dried fruits provide powerful antioxidants, and seeds are a great source of healthy fats!

## Instead of Ice Cream...

...try a fresh fruit smoothie. Mix your favorite fruits together with **Forever Lite**®, ice, juice, yogurt, soy, almond or skim milk.

### Why?

Smoothies provide a cold, sweet treat without the high saturated fats found in ice cream.

## Instead of Breads...

...try steel-cut oats, oat based muffins or low carbohydrate wraps.

### Why?

Oats are packed with health benefits and are full of fiber, keeping you fuller longer.

## Instead of Pasta...

... try brown rice, quinoa or spaghetti squash.

### Why?

These healthier alternatives offer pasta taste and texture without making you feel sluggish or bloated.

## Instead of Soda...

...try **FAB Forever Active Boost**®, unsweetened iced tea, club soda or water with a squirt and zest of lime, lemon or orange.

### Why?

These drink options will satisfy a craving for something other than plain water while saving you calories and sugar!

**Forever PRO X2<sup>®</sup> High Protein Bars are delicious, hunger-curbing snacks.**

They provide just the right amount of sweetness and a boost of protein. Eat between meals to fight hunger or as a treat after dinner!



**RESEARCH HAS SHOWN THAT PEOPLE WHO COMPLETELY DENY THEMSELVES FOODS THAT THEY CRAVE MAY END UP BINGING ON THESE FOODS AND SOMETIMES EVEN ABANDONING THEIR DIET ENTIRELY. MODERATION IS THE KEY. INSTEAD OF ELIMINATING SNACK FOODS AND SWEETS, CHOOSE HEALTHIER ALTERNATIVES THAT WILL STILL SATISFY!**

# ACCELERATE YOUR WEIGHT LOSS.

Forever Lean®, Forever Garcinia Plus® and Forever Therm® work synergistically by targeting the three variables that science has identified that lead to effective weight management, when used in conjunction with a healthy diet and exercise program.\*



The ingredients in **Forever Lean®** have been shown to bind to fat in the digestive tract and help to reduce fat absorption in the body when taken before a meal.\*



**Forever Garcinia Plus®** contains powerful ingredients that can assist in curbing cravings and hunger, thereby helping to limit the number of calories you consume.\*



**Forever Therm®** provides well-researched botanical extracts and nutrients that are proven to increase thermogenesis and boost your metabolism to help you burn more calories.\*

**TOGETHER WITH A BALANCED DIET AND MODERATE EXERCISE, THESE PRODUCTS CAN HELP TO SUPPORT HEALTHY WEIGHT LOSS AND ASSIST WITH LONG-TERM WEIGHT MANAGEMENT.**

\* The natural health products contained herein have been reviewed and approved by the Canadian Natural and Non-prescription Health Product Directorate. These products are not intended to diagnose, treat, cure, or prevent any disease.



**FOREVER GARCINIA PLUS® AND FOREVER THERM® ARE INCLUDED IN THE FOREVER F.I.T.1 PAK. FOREVER LEAN® CAN BE PURCHASED SEPARATELY TO HELP ACCELERATE YOUR WEIGHT LOSS!**

# FOREVER LITE® SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite®** shakes. Packed with protein and antioxidants, they are specially formulated to keep you feeling full and energized for hours. You can also use these shake ideas as a post-workout drink throughout the **Forever F.I.T.** program. It's a healthy and delicious way to stay full and indulge any time you need a low-calorie, nutrient-dense boost.

## ICED COCOA

A great shake at bedtime to aid in muscle recovery while you sleep.

**Combine:**  
2 scoops of Forever Lite® Chocolate meal replacement / 250 ml almond milk / 2 tsp plain Greek yogurt / ½ cup low-fat cottage cheese / ice / Blend for 20-30 seconds and serve immediately.

221  
calories per serving

## ORANGE CREAMSICLE

This creamy recovery shake is a perfect post-workout treat that will leave you feeling refreshed.

**Combine:**  
2 scoops of Forever Lite® Vanilla meal replacement / 250 ml orange juice / ½ cup fat-free vanilla yogurt / ice / Blend for 20-30 seconds and serve immediately.

185  
calories per serving

## PEACH MACHINE

A refreshing shake that will help you stave off hunger between meals!

**Combine:**  
2 scoops of Forever Lite® Vanilla meal replacement / 250 ml almond milk / ½ cup frozen peaches / ½ cup oats / Blend for 20-30 seconds and serve immediately.

265  
calories per serving

## MIXED BERRY ALMOND

A refreshing shake packed with protein and good fats.

**Combine:**  
2 scoops of Forever Lite® Vanilla meal replacement / 250 ml almond milk / ½ cup frozen strawberries / ¼ cup mixed berries / 2 tbsp natural sliced almonds / ice / Blend for 20-30 seconds and serve immediately.

178  
calories per serving

## BANANA OATMEAL SHAKE

A delicious smoothie to get you started in the morning and help curb cravings.

**Combine:**  
2 scoops of Forever Lite® Vanilla meal replacement / 250 ml unsweetened almond milk / 2 tbsp rolled oats / 1 whole banana / ¼ tsp cinnamon / ice / Blend for 20-30 seconds and serve immediately.

260  
calories per serving

## CHOCOLATE COVERED CHERRY

This shake will seem like a decadent treat without all of the calories.

**Combine:**  
2 scoops of Forever Lite® Chocolate meal replacement / 250 ml skim milk / 2 tbsp plain Greek yogurt / ½ cup frozen cherries / ice / Blend for 20-30 seconds and serve immediately.

224  
calories per serving

FEEL FREE TO SWAP FAT-FREE MILK, UNSWEETENED ALMOND MILK, UNSWEETENED COCONUT MILK, RICE MILK OR UNSWEETENED SOY MILK IN ANY OF THESE RECIPES. CHECK THE LABEL TO ENSURE THAT THE MILK ALTERNATIVE YOU CHOOSE PROVIDES APPROXIMATELY 50 TO 60 CALORIES PER 250 ML.



Remember, you can use the delicious shake recipes from Clean 9 and Forever F.I.T. 1 all the way through the Forever F.I.T. program.

You can substitute **Forever Lite®** Chocolate or Vanilla meal replacement in any shake recipe or experiment and create your own!



HAVE A GREAT RECIPE?  
SHARE IT WITH US AT  
[WWW.FACEBOOK.COM/FOREVERNORTHAMERICA](http://WWW.FACEBOOK.COM/FOREVERNORTHAMERICA)

# FINDING THE BALANCE.

Finding the correct balance between proteins, carbohydrates and good fats is essential to any solid nutrition plan.



## WHY DO YOU NEED PROTEIN?

**Protein builds muscle.** Without the proper protein intake, your body will have a hard time recovering after exercise, building muscle and may even break down muscle tissue in order to get essential amino acids.



## WHY DO YOU NEED CARBOHYDRATES?

**Carbohydrates provide the fuel and energy for exercise and muscle building.** To perform at your peak, the proper balance of carbohydrates is crucial.



## WHY DO YOU NEED FAT?

**Healthy fats are essential for the health of the body** and many body processes that support weight loss and muscle development.

**THE FOREVER F.I.T. 1 RECIPES ARE PERFECTLY DESIGNED TO MAKE SURE YOU GET THE PROPER BALANCE OF PROTEIN, CARBOHYDRATES AND FATS FOR OPTIMAL PERFORMANCE.**

Recommended calories during Forever F.I.T. 1 for men and women.

1,200-1,400 for women

1,700-1,900 for men

Higher protein consumption is necessary for building muscle when paired with vigorous exercise. Choose your daily calorie requirements within the recommended range based upon your fitness level and exercise intensity.

# BREAKFAST, LUNCH AND DINNER.

Mix and match the following recipes during the Forever F.I.T. 1 program to meet your calorie requirement. You can decide which meal to make your largest. The **Forever F.I.T. 1** program provides a variety of options to adapt to your schedule!

## BREAKFAST.

### SALSA SCRAMBLED EGGS

2 whole eggs, scrambled / 1 **tbsp** salsa / ½ **cup** oatmeal / 1 **cup** fresh strawberries  
Estimated Calories – 400 / Protein 21g / Fat 17g / Carbs 45g / Fiber 8g

### TURKEY BACON SCRAMBLER

6 egg whites, scrambled with ½ **cup** turkey bacon in 1 **tsp** olive oil / ½ **cup** almond milk with ½ **cup** oatmeal / ½ **cup** sliced strawberries  
Estimated Calories – 494 / Protein 39g / Fat 18g / Carbs 46g / Fiber 6g

### GRILLED CHICKEN & AVOCADO

115 **g** grilled chicken / ½ **avocado** / 1 **slice** whole wheat toast with 1 **tbsp** berry jam  
Estimated Calories – 465 / Protein 41g / Fat 19g / Carbs 35g / Fiber 9g

### LEMON PEPPER STEAK

170 **g** grilled sirloin steak with lemon pepper seasoning / ½ **cup** oatmeal prepared with water  
Estimated Calories – 525 / Protein 57g / Fat 19g / Carbs 30g / Fiber 4g

### CHICKEN & EGGS

115 **g** grilled chicken, chopped / 2 egg whites, scrambled / ½ **cup** broccoli / herb seasoning of your choice  
Estimated Calories – 233 / Protein 44g / Fat 4g / Carbs 6g / Fiber 3g

Calories in the **Forever F.I.T.** program may vary slightly depending on the brand of ingredients that you use. For exact calories in each brand you're using, consult a calorie counting app like **MyFitnessPal**.

### SAUSAGE & EGGS

3 grilled chicken sausages / 1 whole egg, scrambled in 1 **tsp** olive oil / ½ **cup** strawberries, sliced  
Estimated Calories – 698 / Protein 41g / Fat 47g / Carbs 27g / Fiber 1.5g

### TURKEY BACON & EGGS

4 egg whites, scrambled with rosemary, chives and olive oil / 3 slices turkey bacon / ½ **cup** granola mixed with ½ **cup** plain Greek yogurt  
Estimated Calories – 489 / Protein 41g / Fat 18g / Carbs 39g / Fiber 5.5g

## ADDITIONAL TIPS

For a quick and easy way to add variety to your breakfast, try:

### Scrambling 2 eggs in olive oil with:

- + Chopped mushrooms / bell peppers / tomatoes / tarragon
- + Chopped avocado / Swiss cheese / dill / parsley
- + Chopped asparagus / feta cheese / turkey bacon

### Scrambling 115 g firm tofu in olive oil with:

- + Chopped spinach / tomatoes / ½ **tsp** curry powder or chopped bell peppers / onions / tomatoes / fresh basil

### Mixing 1 cup plain Greek yogurt with:

- + Chopped cantaloupe or honeydew melon / chopped, fresh basil
- + Chopped apples / cinnamon / ¼ **cup** granola
- + Fresh raspberries / blueberries / blackberries / chopped, fresh mint



# LUNCH.

## HERBED CHICKEN

**200 g** grilled chicken topped with herbs of your choice / **1 cup** steamed broccoli / **½ cup** cooked quinoa  
Estimated Calories – 466 / Protein 68g / Fat 9g / Carbs 27g / Fiber 8g

## LEMON PEPPER STEAK

**170 g** grilled sirloin steak seasoned with lemon pepper / **½ cup** wild rice / **6 spears** grilled asparagus  
Estimated Calories – 461 / Protein 55g / Fat 17g / Carbs 21g / Fiber 3g

## BEEF MARINARA

**115 g** lean ground beef sautéed with **¼ cup** chopped onion, black pepper and sea salt to taste / **1 cup** tomato sauce, seasoned to taste with parsley, oregano, marjoram, thyme, basil, sea salt and ground pepper / **1 cup** brown rice  
Estimated Calories – 514 / Protein 32g / Fat 15g / Carbs 64g / Fiber 8g

## TUNA AND DILL WRAP

**115 g** canned tuna, rinsed and drained / **¼ cup** chopped celery / **¼ tsp** dill / juice of **½ lime** / **2 leaves** romaine lettuce / **¼ cup** plain, nonfat yogurt / **½ cup** strawberries, sliced / **1 medium** orange, sliced / **1 whole** wheat 8 inch wrap  
Estimated Calories – 407 / Protein 36g / Fat 9g / Carbs 47g / Fiber 9g

## GRILLED CHICKEN TACO

**115 g** grilled chicken breast, chopped and seasoned with lime juice / **½ cup** bell pepper / **¼ cup** yellow onion / **½ avocado**, sliced / **3 corn** taco shells  
Estimated Calories – 619 / Protein 40g / Fat 36g / Carbs 37g / Fiber 11g

## GRILLED CHICKEN & PESTO WRAP

**115 g** grilled chicken, chopped / **1 tbsp** pesto sauce / **1 cup** chopped romaine lettuce / **2 tbsp** shredded parmesan cheese / **1 cup** strawberries, sliced / **1 whole** wheat 8 inch wrap  
Estimated Calories – 426 / Protein 44g / Fat 16g / Carbs 26g / Fiber 6g

# DINNER.

## GRILLED LEMON PEPPER HALIBUT WITH BRUSSELS SPROUTS

**170 g** grilled halibut baked with lemon pepper and **1 tsp** olive oil / **½ cup** quinoa / **½ cup** steamed brussels sprouts  
Estimated Calories – 587 / Protein 37g / Fat 37g / Carbs 25g / Fiber 5g

## GRILLED FILET

**115 g** grilled, sliced, filet mignon with seasoning of your choice / **1 cup** sautéed mushrooms and **1 cup** sautéed onions in **2 tsp** olive oil / **½ cup** mango / **¼ avocado** / **2 corn** taco shells  
Estimated Calories – 846 / Protein 38g / Fat 52g / Carbs 61g / Fiber 13g

## TURKEY MARINARA ON RICE

**115 g** cooked, lean, ground turkey / **1 cup** tomato sauce, seasoned to taste with parsley, oregano, marjoram, thyme, basil, sea salt and ground pepper / **1 cup** brown rice  
Estimated Calories – 455 / Protein 30g / Fat 11g / Carbs 62g / Fiber 7g

## BAKED SALMON WITH DILL SAUCE

**170 g** salmon, baked with **1 tsp** olive oil / top salmon with **¼ cup** nonfat plain yogurt mixed with **1 tsp** dill and squeeze of lime juice / **½ cup** cooked quinoa / **1 cup** steamed broccoli  
Estimated Calories – 592 / Protein 48g / Fat 29g / Carbs 35g / Fiber 8g

## HONEY GINGER GLAZED CHICKEN

**170 g** boneless, skinless chicken breast, glazed and baked with **1 tsp** honey, **½ tsp** minced ginger / **½ cup** steamed carrots / **½ cup** brown rice  
Estimated Calories – 414 / Protein 55g / Fat 6g / Carbs 35g / Fiber 6g

# ADDITIONAL TIPS

For a quick and easy way to add variety to your lunch and dinner meals, try:

**Grilling or baking 170 g salmon or other fish** (sea bass / tilapia / halibut) in olive oil and topped with:

- + Goat cheese / fresh raspberries / dill
- + Diced mango / cilantro / lime juice
- + Chopped, roasted fennel / chives / orange juice

**Mixing ½ cup canned tuna, rinsed and drained, with:**

- + Chopped tomatoes / lemon juice / watercress

**Grilling or baking 170 g boneless, skinless chicken breast or turkey breast with olive oil and:**

- + Fresh basil / chopped tomatoes / green bell pepper / garlic
- + Chopped cranberries / chopped shallots / minced ginger / orange juice
- + Rosemary / tarragon / thyme / walnuts / goat cheese

For healthy snacks, try:

**2 rice cakes, topped with:**

- + **4 tsp** almond butter / **½ sliced** banana
- + **¼ cup** goat cheese / sliced strawberries
- + **¼ cup** goat cheese / sliced cucumbers / dill

**1 cup cottage cheese, served with:**

- + Sliced oranges / **¼ cup** walnuts
- + **½ cup** fresh berries / **¼ cup** almonds

**½ cup hummus, served with:**

- + Celery and carrot sticks / snap peas / broccoli florets
- + Sliced apples / pears

**¼ cup almonds / sliced apple / 30 g cheese**

**Forever Lite® shake** (see page 11)



## FOREVER PRO X2® COOKIES

**Ingredients:** 1 cinnamon Forever PRO X2® protein bar / **1 tsp** almond butter / **¼ banana** / cinnamon

Warm Forever PRO X2® bar in microwave for 15 seconds / Cut into **3 pieces** and flatten out / Put cut up protein bar on sprayed parchment paper covered pan / Top pieces with almond butter and cut up banana / Bake at **350°F** for **10 min** / Take out and top with cinnamon

**Estimated Calories – 229 / Protein 16g / Fat 8g / Carbs 27g**

# YOUR DAILY ROUTINE FOR FOREVER F.I.T. 1



## CARDIO

Throughout the Forever F.I.T. program, you'll be asked to complete **cardiovascular exercises**. Cardio refers to any movement that helps increase heart rate and blood circulation. Cardio exercise can help boost metabolism, help support a healthy heart and can help you recover more quickly after strenuous exercise.

Cardio includes:

- + RUNNING
- + HIKING
- + AEROBICS
- + TREADMILL
- + CYCLING
- + DANCING
- + SWIMMING
- + KICKBOXING
- + ELLIPTICAL OR STAIR STEPPER MACHINE

## WARM UP

Each time you exercise, it is essential to take the time to warm up and stretch to ensure an effective workout and reduce the possibility of injury. Complete the following to properly warm up your body.

- + 30 BACKWARD HIGH KNEES
- + 30 ANKLE WALKS
- + 30 FORWARD ARM CIRCLES
- + 30 BACKWARD ARM CIRCLES
- + 30 HIP CIRCLES
- + 30 STANDING ALTERNATE LEG RAISES

## DON'T FORGET TO STRETCH

After working out, stretching is very important to help increase blood and nutrient supply to your muscles, reduce muscle soreness, support flexibility and lengthen muscle fibers and tissue. Complete the following stretches after each workout.

- + QUAD STRETCH
- + CALF STRETCH
- + TRICEPS STRETCH
- + BACK STRETCH
- + SHOULDER STRETCH
- + HIP FLEXOR STRETCH
- + HAMSTRING STRETCH
- + BICEP STRETCH
- + IT BAND STRETCH
- + CHEST STRETCH
- + ABDOMINAL STRETCH
- + GLUTE STRETCH



### To be effective...

each stretch must be held for a minimum of **30 seconds**. You may not need each stretch after each workout.



Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any natural health product.



TO SEE PHOTOS AND VIDEOS OF ALL WARM-UPS, STRETCHES AND EXERCISES IN THE FOREVER F.I.T. PROGRAM, VISIT [WWW.DISCOVERFOREVER.COM](http://WWW.DISCOVERFOREVER.COM)

# THE IMPORTANCE OF HEART RATE

Monitoring your heart rate while you're exercising can help you determine if you're doing too much or not enough. A heart rate monitor will automatically monitor your heart rate, or you can determine it yourself with the following calculations:

- + FOR THE F.I.T. PROGRAM, CALCULATE YOUR TARGET HEART RATE BY SUBTRACTING YOUR AGE FROM 180. FOR EXAMPLE, A 40 YEAR OLD'S TARGET HEART RATE WOULD BE 140.  $(180-40=140)$
- + TAKE YOUR PULSE ON THE INSIDE OF YOUR WRIST OR ON THE SIDE OF YOUR NECK.
- + COUNT YOUR PULSE FOR 10 SECONDS AND MULTIPLY BY 6 TO FIND YOUR BEATS PER MINUTE. THIS IS HOW YOU CALCULATE YOUR HEART RATE DURING EXERCISE.

NOW YOU'RE READY TO GO THROUGH YOUR EXERCISES.



Use your target heart rate and your calculated heart rate during exercise to determine the correct intensity for your cardio exercise.

Simply multiply your target heart rate by the percent listed in the exercise plan and compare to your heart rate during exercise. Increase or decrease intensity as needed.



THE FOREVER F.I.T. 1 FITNESS PLAN REQUIRES DUMBBELLS OR RESISTANCE BANDS. WHERE DUMBBELLS OR RESISTANCE BANDS ARE NEEDED YOU WILL SEE (🏋️) IN THE FITNESS PLAN. OTHER EXERCISES MAY BE MODIFIED BY ADDING RESISTANCE AS YOU BUILD STRENGTH TO HELP INCREASE LEAN MUSCLE MASS AND BURN FAT.



# DAY 1

Estimated Caloric Burn  
Female/350  
Male/500

## WARM-UP:

- + 5 Min Cardio (Heart Rate 110-120)

## REPEAT 3 TIMES:

- + 12 Backward Lunges (each side)
- + 12 OH Forward Lunges (each side) 
- + 30 Bicycle Kicks
- + 15 Squats
- + 20 Side Sit-ups (each side)
- + 20 Push-ups
- + 20 Sec Side Plank (each side)
- + 20 Upright Rows 
- + 20 Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 4 & 5

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.



# DAY 8

Estimated Caloric Burn  
Female/350  
Male/500

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

## REPEAT 3 TIMES:

- + 30 Push-ups
- + 30 Jumping Jacks
- + 30 Sec Plank
- + 30 Upright Rows 
- + 30 Sec High Knees
- + 30 Side Crunches (each side)
- + 30 V Crunches
- + 20 OH Forward Lunges (each side) 
- + 20 Side Lunges (each side)
- + 20 Backward Lunges (each side)
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 11 & 12

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.



# DAY 2

Estimated Caloric Burn  
Female/250  
Male/350

## WARM-UP:

- + 5 Min Cardio (Heart Rate 110-120)
- + 25 Min Cardio  
(90%-105% target heart rate)

- + **REST FOR 60 SEC**
- + **STRETCH**



# DAY 6

Estimated Caloric Burn  
Female/425  
Male/600

## WARM-UP:

- + 5 Min Cardio (Heart Rate 110-120)

## REPEAT 3 TIMES:

- + 30 Sec Side Plank (each side)
- + 30 Flutters (each side)
- + 30 Bicycle Kicks
- + 15 Squat & Press 
- + 20 OH Backward Lunges (each side) 
- + 30 Sec Scissors
- + 15 Backward Lunges (each side)
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 9

Estimated Caloric Burn  
Female/300  
Male/425

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 30 Min Cardio  
(95%-105% target heart rate)

- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 13

Estimated Caloric Burn  
Female/325  
Male/450

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 20 Min Cardio  
(100%-120% target heart rate)

- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 3

Estimated Caloric Burn  
Female/425  
Male/600

## WARM-UP:

- + 5 Min Cardio (Heart Rate 110-120)

## REPEAT 3 TIMES:

- + 30 Flutters (each side)
- + 20 Ice Skaters (each side)
- + 45 Sec Bicycle Kicks
- + 15 Burpees
- + 20 Side Crunches (each side)
- + 20 Push-ups
- + 20 Squat Jumps
- + 20 Sit-ups
- + 15 Backward Lunges (each side)
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 7

Estimated Caloric Burn  
Female/300  
Male/425

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 30 Min Cardio  
(95%-105% target heart rate)

- + **REST FOR 60 SEC**
- + **STRETCH**


# DAY 10

Estimated Caloric Burn  
Female/325  
Male/500

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

## REPEAT 3 TIMES:

- + 30 Side Crunches (each side)
- + 30 Side Sit-ups (each side)
- + 30 V Crunches
- + 20 Squats
- + 20 Push-ups
- + 10 Diamond Push-ups
- + 20 Mountain Climbers
- + 30 Sec High Knees
- + 15 Bicep Curls 
- + **REST FOR 60 SEC**
- + **STRETCH**



# DAY 14

Estimated Caloric Burn  
Female/415  
Male/650

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

## REPEAT 3 TIMES:

- + 20 Squats
- + 30 Push-ups
- + 30 Squat Jumps
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Plank
- + 10 OH Forward Lunges (each side) 
- + 20 Upright Rows 
- + 25 Mountain Climbers
- + 30 Sec Side Plank (each side)
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 15

Estimated  
Caloric Burn  
Female/325  
Male/450

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 20 Min Cardio (180 - Age)  
(100%-120% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**



# DAY 16

Estimated  
Caloric Burn  
Female/375  
Male/550

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

## REPEAT 3 TIMES:

- + 20 Squats
- + 30 Mountain Climbers
- + 12 Bicep Curls 
- + 30 Sit-ups
- + 30 Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Plank
- + 15 OH Backward Lunges (each side) 
- + 30 Bicycle Kicks
- + 30 Ice Skaters (each side)
- + 30 Sec V Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 17

Estimated  
Caloric Burn  
Female/325  
Male/450

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 20 Min Cardio (180 - Age)  
(100%-120% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**



# DAY 18

Estimated  
Caloric Burn  
Female/450  
Male/600

## WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

## REPEAT 3 TIMES:

- + 30 Flutters (each side)
- + 30 Jumping Jacks
- + 30 Bicycle Kicks
- + 30 Sec Side Plank (each side)
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups (each side)
- + 10 Push-ups
- + 10 OH Backward Lunges (each side) 
- + 20 Squat Jumps
- + 30 Sec Upright Rows 
- + 30 Sec Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 19

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.



Remember to drink plenty of fluids to avoid dehydration.

Don't worry, life challenges happen.

If you get off schedule with the Forever F.I.T. fitness plan, just make time to get back on track as soon as you can! The important thing to remember is to take 2 days to rest each week and alternate cardio with weight lifting and resistance exercise.

# DAY 20

Estimated  
Caloric Burn  
Female/250  
Male/375

## WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + 15 Min Cardio  
(115%-130% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**



# DAY 21

Estimated  
Caloric Burn  
Female/300  
Male/450

## WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)

## REPEAT 3 TIMES:

- + 25 Squats
- + 30 Jumping Jacks
- + 30 Sit-ups
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Crunches
- + 12 OH Forward Lunges (each side) 
- + 20 Bicep Curls 
- + 15 Mountain Climbers
- + 60 Sec V Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 22

Estimated  
Caloric Burn  
Female/375  
Male/500

## WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + 40 Min Cardio  
(95%-100% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**


# DAY 23

Estimated  
Caloric Burn  
Female/600  
Male/800

## WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + 12 Min Cardio (180 - Age)  
(110% target heart rate)

## REPEAT 3 TIMES:

- + 30 Squats
- + 30 Jumping Jacks
- + 30 Sit-ups
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Side Crunches
- + 12 OH Backward Lunges (each side) 
- + 20 Diamond Push-ups
- + 30 Mountain Climbers
- + 30 Sec V Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 24

Estimated  
Caloric Burn  
Female/200  
Male/300

## WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)

## REPEAT 3 TIMES:

- + 3 Min Run, 1 Min Walk (90%-120% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**

**REMEMBER, IF YOU'RE HAVING DIFFICULTY COMPLETING ANY OF THE EXERCISES, DON'T GIVE UP! VISIT: [WWW.DISCOVERFOREVER.COM](http://WWW.DISCOVERFOREVER.COM) TO SEE VIDEOS OF EACH EXERCISE, LEARN MODIFICATIONS AND GET MOTIVATED!**



## DAY 25 & 26

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.



## DAY 27

Estimated Caloric Burn  
Female/400  
Male/550

### WARM-UP:

+ 5 Min Cardio (Heart Rate 125-135)

### REPEAT 3 TIMES:

- + 20 Squats
- + 20 Squat Jumps
- + 20 Backward Lunges (each side)
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups (each side)
- + 60 Sec Bicycle Kicks
- + 30 Sec High Knees
- + 30 Sec Ice Skaters
- + 25 Flutters (each side)
- + 60 Sec Plank
- + 40 Jumping Jacks
- + **REST FOR 60 SEC**
- + **STRETCH**

## DAY 28

Estimated Caloric Burn  
Female/400  
Male/525

### WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + 40 Min Cardio  
(90%-110% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**


## DAY 29

Estimated Caloric Burn  
Female/400  
Male/600

### WARM-UP:

+ 5 Min Cardio (Heart Rate 125-135)

### REPEAT 3 TIMES:

- + 30 Squats
- + 30 High Knees
- + 30 Sit-ups
- + 30 Side Lunges (each side)
- + 30 Side Sit-ups (each side)
- + 60 Sec Plank
- + 15 Backward Lunges (each side)
- + 25 Dips
- + 12 Bicep Curls 
- + 15 Mountain Climbers
- + 60 Sec Burpees
- + **REST FOR 60 SEC**
- + **STRETCH**

## DAY 30

Estimated Caloric Burn  
Female/400  
Male/525

### WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + 40 Min Cardio  
(90%-110% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**



## CONGRATULATIONS ON COMPLETING FOREVER F.I.T. 1! NOW IT'S TIME TO CONTINUE YOUR TRANSFORMATION!

Undoubtedly the changes you're seeing in your body are exciting and inspiring! Now it's time to transform! The **F.I.T. 2 Pak** will take your weight loss to the next level, help you build lean muscle and shed more fat!

**FOREVER F.I.T. 2 WILL BUILD ON WHAT YOU'VE LEARNED WHILE USING THE FOREVER F.I.T. 1 PAK AND HELP YOU TONE, TIGHTEN AND TRANSFORM.**





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