



**F.I.T.**<sup>TM</sup>  
Look Better. Feel Better.



**CO9**

**BUILD THE  
FOUNDATION  
FOR LOOKING AND  
FEELING BETTER.**



**FOREVER<sup>®</sup>**

# CAN YOU LOOK BETTER AND FEEL BETTER IN JUST 9 DAYS? YES!

The **Clean 9** program can help to jumpstart your journey to a slimmer, healthier you. This effective, easy-to-follow cleansing program will give you the tools you need to start transforming your body today!

## WHAT CAN YOU EXPECT OVER THE NEXT 9 DAYS?

YOU'LL NOT ONLY LOOK AND FEEL BETTER, YOU'LL ALSO BEGIN TO ELIMINATE STORED TOXINS THAT MAY BE KEEPING YOU FROM ABSORBING THE MAXIMUM NUTRIENTS IN YOUR FOOD. YOU'LL ALSO BEGIN TO FEEL LIGHTER AND MORE ENERGIZED AS YOU PROVE YOU CAN TAKE CONTROL OF YOUR APPETITE AND SEE YOUR BODY BEGIN TO CHANGE.

## MOVING TOWARDS A HEALTHIER LIFESTYLE ISN'T EASY...

...but few things that are truly worthwhile are. **Clean 9** is the first step in establishing lifelong habits that will help you achieve true and lasting weight management. This proven cleansing system is the foundation of the **Forever FIT.** program and will put you in the best possible position to attain optimal health, cleanse your body and build a slimmer, leaner you.†

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



**EACH PRODUCT IN CLEAN 9 WAS CAREFULLY  
SELECTED TO WORK TOGETHER SYNERGISTICALLY.  
TAKE EACH PRODUCT AS DIRECTED IN THE  
SUPPLEMENT SCHEDULE FOR  
MAXIMUM RESULTS!**

**FOREVER ALOE VERA GEL™**

helps cleanse the digestive system and maximize absorption of nutrients.



**FOREVER FIBER™**

provides a proprietary blend of 5g of water soluble fiber that can help promote feelings of fullness.



**FOREVER THERM™**

offers a powerful combination of botanical extracts and vitamins that can help support metabolism.



**FOREVER GARCINIA PLUS®**

may help the body burn fat more efficiently and help suppress appetite by increasing serotonin levels.



**FOREVER LITE ULTRA™**

shake mix is a rich source of vitamins and minerals with 17g of protein per serving.



**Forever  
Aloe Vera Gel™**  
2X 1-Liter  
Bottles

**Forever  
Lite Ultra™**  
1X 15 Serving  
Pouch

**Forever  
Garcinia Plus®**  
54 Softgels

**What your  
Clean 9 Pak  
includes:**

**Forever Therm™**  
18 Tablets

**Forever Fiber™**  
9 Packets

**Tape Measure  
& Shaker**

# YOU DESERVE MAXIMUM RESULTS.

FOLLOW THESE TIPS TO  
ACHIEVE YOUR BEST RESULTS.

1

## **WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.**

Record your measurements in this booklet and calculate the difference at the end of the **Clean 9** program.

2

## **RECORD YOUR DAILY EXERCISE, FOOD INTAKE AND HOW YOU FEEL WHILE ON THE PROGRAM IN THE CLEAN 9 BOOKLET.**

Accountability will help prevent you from deviating from the program.

3

## **DRINK PLENTY OF WATER.**

Drinking eight glasses (64 oz.) of water a day can help you feel fuller, flush out toxins, support healthy skin and optimal health.

4

## **PUT DOWN THE SALTSHAKER.**

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

5

## **AVOID SODAS AND CARBONATED BEVERAGES.**

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

4

# KNOW THAT YOU CAN DO THIS.





# ARE YOU READY? LET'S PUT DOWN YOUR CLEAN 9 GOALS.

Choose one goal you plan to achieve during the **Clean 9** program. This can be anything from losing a few pounds to taking the stairs everyday.

## WHAT WILL YOU MAKE A PLAN TO ACCOMPLISH?

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Our experience shows that you are more likely to stick with the Clean 9 program and achieve your goals if you write down your daily progress.

Remember, your weight can fluctuate throughout the program. Only record your weight on days 1 and 9.

# BODY WEIGHT & MEASUREMENTS.

## HOW TO MEASURE:

**CHEST** / Measure under your armpits around the front of your chest with your arms relaxed at your sides.

**BICEPS** / Measure halfway between your armpit and elbow with your arm relaxed at your side.

**WAIST** / Measure your natural waist – approximately 2” above your hips.

**HIPS** / Measure around the widest part of the hips and buttocks.

**THIGHS** / Measure at the widest point of the thigh including the highest point on your inner thigh.

**CALVES** / Measure the thickest part of your calf, typically about halfway between the knee and the ankle, while your calves are relaxed.

## BEFORE CLEAN 9 MEASUREMENTS:

<input type="text"/>	<b>CHEST</b>	<input type="text"/>	<b>HIPS</b>
<input type="text"/>	<b>BICEPS</b>	<input type="text"/>	<b>THIGHS</b>
<input type="text"/>	<b>WAIST</b>	<input type="text"/>	<b>CALVES</b>
		<input type="text"/>	<b>WEIGHT</b>

## AFTER CLEAN 9 MEASUREMENTS:

<input type="text"/>	<b>CHEST</b>	<input type="text"/>	<b>HIPS</b>
<input type="text"/>	<b>BICEPS</b>	<input type="text"/>	<b>THIGHS</b>
<input type="text"/>	<b>WAIST</b>	<input type="text"/>	<b>CALVES</b>
		<input type="text"/>	<b>WEIGHT</b>

# DAYS 1&2

THE FIRST TWO DAYS OF THE CLEAN 9 PROGRAM ARE DESIGNED TO RESET YOUR BODY AND YOUR MIND.

<b>Breakfast</b>	 <p><b>2X</b> Forever Garcinia Plus® Softgels</p>	 <p>Wait 30 minutes</p> <p>Before taking Forever Aloe Vera Gel™</p>	 <p><b>4 oz.</b> Forever Aloe Vera Gel™</p> <p>With a minimum of 8 oz. of water</p>
<b>Snack</b>	 <p><b>1X</b> Packet Forever Fiber™</p> <p>Mixed with 8-10 oz. of water or other beverage</p>	<p>Be sure to take <b>Forever Fiber™</b> separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.</p>	
<b>Lunch</b>	 <p><b>2X</b> Forever Garcinia Plus® Softgels</p>	 <p>Wait 30 minutes</p> <p>Before taking Forever Aloe Vera Gel™</p>	 <p><b>4 oz.</b> Forever Aloe Vera Gel™</p> <p>With a minimum of 8 oz. of water</p>
<b>Dinner</b>	 <p><b>2X</b> Forever Garcinia Plus® Softgels</p>	 <p>Wait 30 minutes</p> <p>Before taking Forever Aloe Vera Gel™</p>	 <p><b>4 oz.</b> Forever Aloe Vera Gel™</p> <p>With a minimum of 8 oz. of water</p>
<b>Evening</b>	 <p><b>4 oz.</b> Forever Aloe Vera Gel™</p> <p>With a minimum of 8 oz. of water</p>		





**1X Forever  
Therm™  
Tablet**

Minimum  
of **30 minutes**  
of low-intensity  
exercise

See PG 18 & 19



**1X Scoop  
Forever Lite  
Ultra™**

Mixed with **10 oz.** of  
water, almond milk,  
light soy milk,  
or coconut milk



**1X Forever  
Therm™  
Tablet**

**Increasing  
your water intake  
is important  
when cleansing  
the body!**

**DURING THIS TIME, YOU WILL BEGIN TO  
PURGE TOXINS FROM YOUR BODY. COMMITTING  
TO THE PROGRAM IS CRUCIAL, AND THE FIRST  
TWO DAYS ARE THE TOUGHEST. KEEP YOUR  
GOALS IN MIND AND KNOW THAT THE  
DIFFICULTY IS ONLY TEMPORARY.**

# DAYS 3 THROUGH 9

BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1 AND 9.

Breakfast



**2X** Forever Garcinia Plus® Softgels



Before taking  
**Forever Aloe Vera Gel™**



**4 oz.**  
Forever Aloe Vera Gel™

With a minimum of **8 oz.** of water

Snack



**1X** Packet Forever Fiber™

Mixed with **8-10 oz.** 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



**2X** Forever Garcinia Plus® Softgels



**1X** Scoop Forever Lite Ultra™

Mixed with **10 oz.** of water, almond milk, light soy milk, or coconut milk

**You're almost there!**

On **DAY 9**, introduce a **300 calorie** meal for lunch instead of a **Forever Lite Ultra™** shake. This will help you transition into **Forever F.I.T.**

Dinner



**2X** Forever Garcinia Plus® Softgels

**600 Calorie Meal**

See PG 16 & 17 for suggestions

**Men can have up to 200 more calories on days 3-9.**

They can either have an additional shake or an additional **200 calories** in their meal.

Evening



A minimum of **8 oz.** of water





**1X Scoop**  
Forever Lite  
Ultra™

Mixed with **10 oz.** of  
water, almond milk,  
light soy milk,  
or coconut milk



**1X Forever**  
Therm™  
Tablet



**1X Forever**  
Therm™  
Tablet

**30 minutes**  
low-medium  
impact exercise

See PG 18 & 19

The **Clean 9**  
meal schedule  
can be adapted  
to fit your  
lifestyle.

If you prefer to have  
your 600 calorie meal  
for lunch and a protein  
shake made with  
**Forever Lite Ultra™**  
for dinner feel free to  
make the switch!

**ON YOUR FINAL DAY, YOUR BODY WILL  
FEEL ENERGIZED AND REFRESHED AS YOU  
COMPLETE THE CLEAN 9 PROGRAM AND  
PREPARE YOURSELF FOR THE NEXT STEP!**

# FOREVER LITE ULTRA™ SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite Ultra™** 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.

## CHERRY & GINGER RECOVERY SHAKE

219 Calories Per Serving

The perfect mid-day shake to help with muscle recovery and enhance the benefits of your exercise routine.

Combine: 1 scoop of Forever Lite Ultra™ Vanilla / 8 oz. unsweetened coconut milk / ½ cup frozen cherries / ½ tsp minced ginger / 4-6 small ice cubes / Blend on high for 20-30 seconds and serve immediately.

## BLUEBERRY BLAST

203 Calories Per Serving

Packed with figure-friendly fiber and antioxidants, this shake will help keep you full for hours.

Combine: 1 scoop of Forever Lite Ultra™ Vanilla / 8 oz. unsweetened coconut milk / ¾ cup blueberries / 4-6 small ice cubes / Blend on high for 20-30 seconds and serve immediately.

## PEACHES & CREAM SHAKE

180 Calories Per Serving

Light and creamy, this refreshing shake combines all the best flavors of summer

Combine: 1 scoop of Forever Lite Ultra™ Vanilla / 8 oz. unsweetened almond milk / 1 cup frozen unsweetened peaches / ½ tsp cinnamon / 4-6 small ice cubes / Blend on high for 20-30 seconds and serve immediately.


## CHOCOLATE & RASPBERRY SHAKE

204 Calories Per Serving

A decadent blend of rich chocolate and sweet raspberries will help satisfy those dessert cravings.

Combine: 1 scoop of Forever Lite Ultra™ Vanilla / 8 oz. unsweetened coconut milk / 1 cup fresh raspberries / 1 tsp cocoa powder / 4-6 small ice cubes / Blend on high for 20-30 seconds and serve immediately.

**FEEL FREE TO SUBSTITUTE RICE MILK, UNSWEETENED ALMOND MILK, UNSWEETENED COCONUT 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 8 OZ.**



You can substitute  
**Forever Lite Ultra™**  
Chocolate in any shake  
recipe or experiment and  
create your own!

### APPLE CRISP SHAKE

188 Calories Per Serving

With all the flavors of fall, this antioxidant-rich shake boasts the healthy benefits and flavors of apples and cinnamon.

**Combine:** 1 scoop of Forever Lite Ultra™  
Vanilla / 8 oz. unsweetened coconut milk /  
4 oz. applesauce / 1/2 tsp cinnamon / 4-6 small  
ice cubes / Blend on high for 20-30  
seconds and serve immediately.

### VANILLA & STRAWBERRY SHAKE

203 Calories Per Serving

This is a tasty way to boost your intake of healthy fat without a huge calorie hit.

**Combine:** 1 scoop of Forever Lite Ultra™  
Vanilla / 8 oz. of water / 1 cup frozen  
strawberries / 1 tsp flax oil / 4-6 small  
ice cubes / Blend on high for 20-30 seconds  
and serve immediately.

### LEAN & GREEN POWER SHAKE

166 Calories Per Serving

A great way to sneak in an extra serving of leafy greens, this shake is surprisingly delicious and nutritious.

**Combine:** 1 scoop of Forever Lite Ultra™  
Vanilla / 2 oz. unsweetened coconut milk /  
1/2 cup frozen blueberries / 5 whole frozen  
strawberries / 1/2 cup fresh spinach  
leaves / 4-6 small ice cubes / Blend  
on high for 20-30 seconds  
and serve immediately.

Fruits and  
vegetables from your  
Free Food list on  
PG 14 & 15

can be mixed and matched with  
**Forever Lite Ultra™**  
in countless ways.

HAVE A GREAT RECIPE?  
SHARE IT WITH US AT  
[www.facebook.com/ForeverGreeceCyprusHQ](http://www.facebook.com/ForeverGreeceCyprusHQ)

# FRUITS, VEGGIES & FREE FOODS.

Fruits and vegetables listed below can be consumed throughout the **Clean 9** program to help curb cravings. These foods are low in calories and provide vitamins, minerals, phytonutrients and fiber.

## One Serving Foods

Enjoy one serving of these fruits and vegetables each day.

Fruit/Vegetable	Serving Size	Fruit/Vegetable	Serving Size	Fruit/Vegetable	Serving Size
Apricot	3	Figs	2 small	Plum	1 medium
Apple	1 medium	Grapes	¾ cup	Prunes	2 medium
Artichoke	1 medium	Grapefruit	½ medium	Raspberries	1 cup
Blackberries	1 cup	Kiwi	1 medium	Soy Beans	¼ cup shelled
Blueberries	¾ cup	Orange	1 small	Strawberries	8 medium
Boysenberries	¾ cup	Peach	1 medium		
Cherries	½ cup	Pear	1 small		

## Two Serving Foods

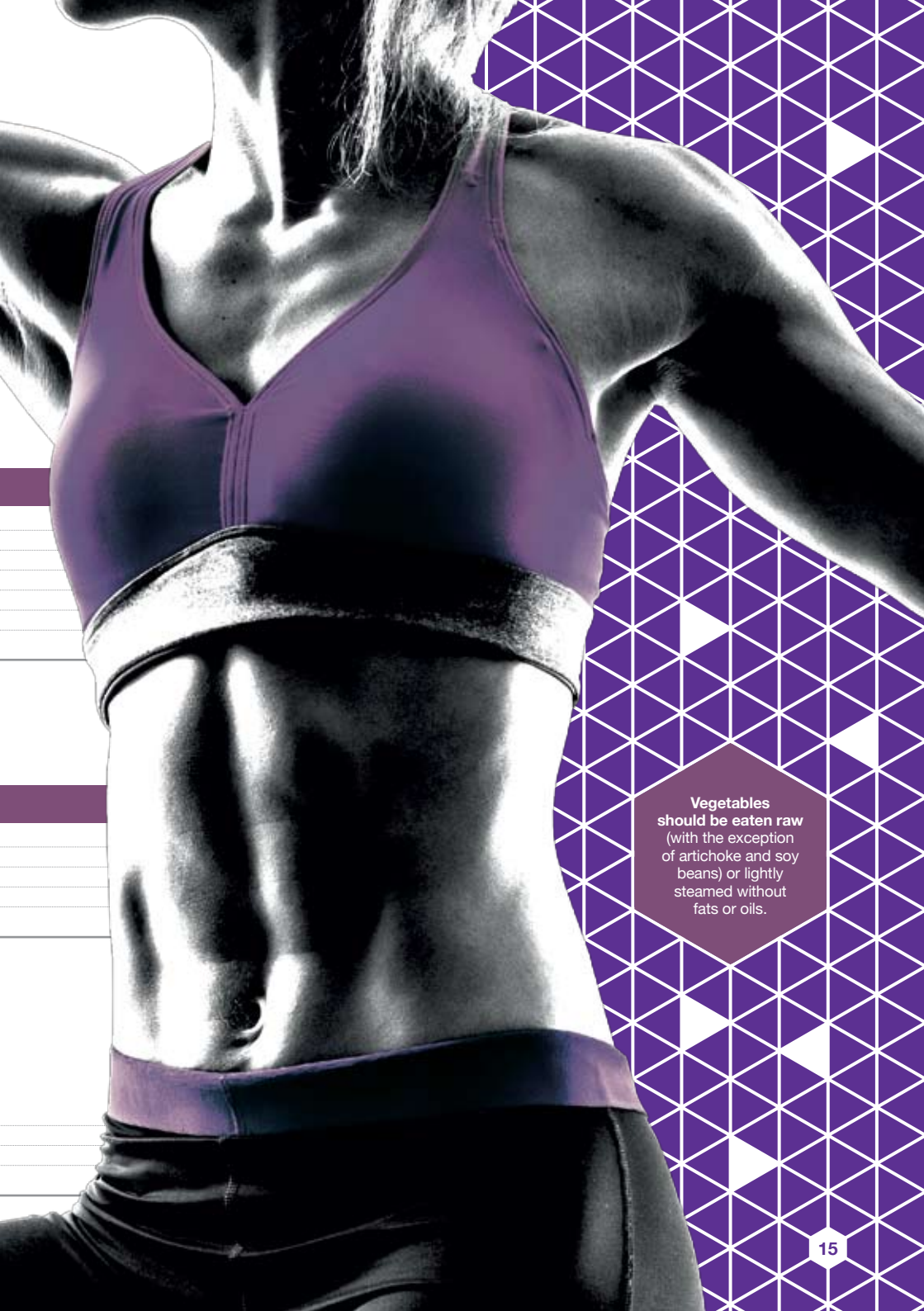
Enjoy two serving of these fruits and vegetables each day.

Fruit/Vegetable	Serving Size
Asparagus	8 spears
Cauliflower	⅓ head
Bell Pepper	1 medium
Snow or Snap Peas	¾ cup
Tomato	1 medium

## Free Foods

Enjoy an unlimited amount of these fruits and vegetables each day. These foods are so low in calories that there isn't a specified serving size for the **Clean 9** program.

Arugula	Endive	Kale
Celery	Broccoli	Leeks
Green Onion	Cucumber	Spinach
Lettuce (All Varieties)	Eggplant	String Beans



**Vegetables**  
should be eaten raw  
(with the exception  
of artichoke and soy  
beans) or lightly  
steamed without  
fats or oils.

# DELICIOUS DINNERS 500-600 CALORIE MEALS.

These quick and easy meal ideas can add variety to your **Clean 9** program during Days 3-9. **Each meal is approximately 500 to 600 calories** and consists of high protein/low-carb foods to accelerate your metabolism. The balanced nutrients in each meal will also help to keep you full and energized while supporting optimal cleansing. Feel free to mix and match the meals to suit your tastes.

## CHICKEN & RICE

**584 Estimated Calories**

**5 oz.** baked chicken breast, skinless and boneless / **¾ cup** brown rice / **2 cups** mixed vegetables (from your Free Foods list) / **15** raw almonds

## SIMPLE SALMON

**527 Estimated Calories**

**4 oz.** salmon, sautéed with **1 tbsp** extra virgin olive oil / **1** medium baked sweet potato sprinkled with cinnamon / **1** microwavable bag of vegetables, individual size

## ROAST TURKEY DINNER

**540 Estimated Calories**

**4 oz.** turkey breast, baked without the skin / **1** medium baked potato topped with **1 tsp** of clarified butter and minced chives / **½ cup** spinach sautéed with **2** minced garlic cloves in **2 tsp** extra virgin olive oil / **1** small pear poached in water mixed with **1 tsp** of vanilla extract and sprinkled with cinnamon

## BURRITO BOWL

**545 Estimated Calories**

Layer the following ingredients in a large bowl / **1 cup** brown rice / **½ cup** cooked black or pinto beans / **3 oz.** sliced broiled or grilled chicken breast, skinless and boneless / **¼ cup** each chopped onion and salsa / **¼ cup** diced avocado or guacamole / **1 tbsp** cilantro / lime wedge

## IS THIS ENOUGH FOOD FOR ME?

**DURING DAYS 3 THROUGH 9, YOU'LL BE CONSUMING 1,000 CALORIES PER DAY. MEN CAN ADD AN ADDITIONAL 100 TO 200 CALORIES PER DAY IF NEEDED BY EATING AN EXTRA 2 TO 3 OZ. OF LEAN PROTEIN OR BY DRINKING ONE ADDITIONAL FOREVER LITE ULTRA™ SHAKE.**



**CLEAN 9 REQUIRES COMMITMENT AND WILLPOWER. FORTUNATELY, MOST PEOPLE FIND THEIR HUNGER DIMINISHES WITH EACH PASSING DAY, BUT IF YOU'RE TRULY HUNGRY AND NEED A LITTLE SOMETHING EXTRA, TRY THESE ADDITIONAL TIPS:**

**Drink more water.**

Water helps you feel full and can help curb hunger and cravings.

**Banish mid-afternoon hunger** with raw cut-up veggies from your Free Foods list.

**Eat a piece of fruit** from your Free Foods list as an evening snack.

**TURKEY BURGER & FRIES**

**588 Estimated Calories**

**4 oz.** lean ground turkey breast patty on a gluten-free bun with mustard / **4 oz.** sweet potato wedges (spray with cooking spray and dust with a sprinkling of chili powder or cinnamon; bake at **200°C / 400°F** for **30 minutes** or until tender) / **2 cups** mixed lettuce with tomatoes and red onion, dressed with **2 tsp** extra virgin olive oil and **2 tsp** balsamic vinegar

**PASTA NIGHT**

**585 Estimated Calories**

**3 oz.** baked or grilled chicken, skinless and boneless, sliced / **1 cup** cooked (rice or quinoa) pasta tossed with **1 cup** of marinara sauce and **½ cup** mushrooms / **2 cups** romaine lettuce with tomatoes and cucumbers, dressed with **2 tsp** extra virgin olive oil and **2 tsp** balsamic vinegar

**PORK & BEANS PLUS**

**582 Estimated Calories**

**4 oz.** grilled or broiled pork chop / **½ cup** cooked black beans / **½ cup** quinoa / **1 cup** mixed lettuce and **½ cup** chopped cucumber dressed with **2 tsp** extra virgin olive oil and **2 tsp** balsamic vinegar



# EXERCISE OPTIONS.


## DAYS 1&2

You'll be consuming a diet very low in calories for the first two days. Because of this, you may feel like you have less energy than usual. This is normal and usually nothing to be concerned about.\*

**How much is enough? It's important to engage in 30 minutes of aerobic exercise every day.**

While you can break this up into two 15 minute sessions, it's best to exercise for a full 30 minutes to put your body into a fat-burning zone.

While getting some exercise is important, it's best to keep it to low and moderate impact exercises during this phase of **Clean 9**. Take a **30 minute** walk at a slow to moderate pace, engage in some gentle stretching exercises, or take a low-key yoga class designed for beginners. These activities will not only stimulate your metabolism, they will also help you stay centered and calm as you begin your transformation.



Be sure to take 2 minutes to stretch and 5 minutes to warm up before completing your 30 minutes of exercise. Preparing your body and muscles ensures that you get the most out of your workout and have a faster recovery.

There are many opportunities to burn extra calories throughout the day. Instead of the elevator, take the stairs, or park further away from your destination and walk.

## DAYS 3 THROUGH 9

**Time to step it up!** Now that you are consuming more calories, you should feel more energized and ready to take on more physical activity. During this part of **Clean 9**, your focus should be on calorie-burning aerobic exercises like the examples below. Studies show that aerobic activities like running or dancing burn more calories than other forms of exercise.

### LOW-MEDIUM IMPACT EXERCISES

- + BIKE RIDE
- + BRISK WALK
- + SWIMMING
- + WATER AEROBICS
- + YOGA
- + ELLIPTICAL MACHINE
- + STEP AEROBICS
- + HIKING
- + ROCK CLIMBING
- + DANCING
- + ROLLERBLADING
- + TREADMILL
- + STRETCHING

\* You should check with a physician if you have debilitating fatigue lasting more than a few hours or notice any symptoms that might require medical attention during this program.



# YOUR DAILY PLANNER.

Research shows that people who record what they eat and how much they exercise lose more weight. Indeed, those that keep a daily planner are two to three times more likely to stick with the **Clean 9** program.

Keep track of how your body is improving by weighing yourself at the beginning and end of the program.

Document any extra food you eat, the type of exercise you do each day, how well you sleep and how you feel.

Not only will this give you a great overview of your progress, it will also provide a good reference later on as you continue your health and weight-loss journey.

D1

D2

D3

D4

D5

D6

D7

D8













D9

# + Clean 9 Check List Day 1

 2 Minute Stretch	 5 Minute Warm-Up	 30 Minute Exercise
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 8 Glasses of Water								
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Exercise Activity	Notes (Intensity Level, Weight, Reps, etc.)	Duration
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<b>Breakfast</b> <ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> Minimum of 30 minutes of low-intensity exercise</li> </ul>	<b>Snack</b> <ul style="list-style-type: none"> <li> 1X Packet Forever Fiber™</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> </ul>
<b>Dinner</b> <ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> </ul>	<b>Evening</b> <ul style="list-style-type: none"> <li> 4 oz. Forever Aloe Vera Gel™</li> </ul>	

# + Food

(Record your Free Foods to track your progress.)

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# DAY 1 DONE! 8 DAYS TO GO!















## + Clean 9 Check List Day 2

 2 Minute Stretch	 5 Minute Warm-Up	 30 Minute Exercise
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 8 Glasses of Water								
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Exercise Activity	Notes (Intensity Level, Weight, Reps, etc.)	Duration
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<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> Minimum of 30 minutes of low-intensity exercise</li> </ul>	<ul style="list-style-type: none"> <li> 1X Packet Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> </ul>

<b>Dinner</b>	<b>Evening</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> </ul>	<ul style="list-style-type: none"> <li> 4 oz. Forever Aloe Vera Gel™</li> </ul>

## + Food

(Record your Free Foods to track your progress.)

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**FANTASTIC JOB!  
YOU HAVE ALREADY  
COMPLETED 2 DAYS  
OF THE CLEAN 9  
PROGRAM. KEEP  
GOING. YOU CAN  
DO THIS!**

**DON'T FORGET, THE PROGRAM CHANGES  
AFTER DAY 2, CHECK OUT THE  
SCHEDULE FOR DAYS  
3-9 (PG 10 & 11).**















## + Clean 9 Check List Day 3

 2 Minute Stretch	 5 Minute Warm-Up	 30 Minute Exercise
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 8 Glasses of Water								
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Exercise Activity	Notes (Intensity Level, Weight, Reps, etc.)	Duration
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<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> <li> 30 minutes of low-medium impact exercise</li> </ul>	<ul style="list-style-type: none"> <li> 1X Packet Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> </ul>

<b>Dinner</b>	<b>Evening</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 600 Calorie Meal</li> </ul>	<ul style="list-style-type: none"> <li> 8 oz. of water</li> </ul>

## + Food

(Record your Free Foods to track your progress.)

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## + Clean 9 Check List Day 4

2 Minute Stretch	5 Minute Warm-Up	30 Minute Exercise
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8 Glasses of Water								
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Exercise Activity	Notes (Intensity Level, Weight, Reps, etc.)	Duration
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<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> <li> 30 minutes of low-medium impact exercise</li> </ul>	<ul style="list-style-type: none"> <li> 1X Packet Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> </ul>

<b>Dinner</b>	<b>Evening</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 600 Calorie Meal</li> </ul>	<ul style="list-style-type: none"> <li> 8 oz. of water</li> </ul>

## + Food

(Record your Free Foods to track your progress.)

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# + Clean 9 Check List Day 5

2 Minute Stretch	5 Minute Warm-Up	30 Minute Exercise
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8 Glasses of Water								
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Exercise Activity	Notes (Intensity Level, Weight, Reps, etc.)	Duration
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> <li> 30 minutes of low-medium impact exercise</li> </ul>	<ul style="list-style-type: none"> <li> 1X Packet Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> </ul>

<b>Dinner</b>	<b>Evening</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 600 Calorie Meal</li> </ul>	<ul style="list-style-type: none"> <li> 8oz. of water</li> </ul>

# + Food

(Record your Free Foods to track your progress.)

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## + Clean 9 Check List Day 6

 2 Minute Stretch	 5 Minute Warm-Up	 30 Minute Exercise
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 8 Glasses of Water								
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Exercise Activity	Notes (Intensity Level, Weight, Reps, etc.)	Duration
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> <li> 30 minutes of low-medium impact exercise</li> </ul>	<ul style="list-style-type: none"> <li> 1X Packet Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> </ul>

<b>Dinner</b>	<b>Evening</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 600 Calorie Meal</li> </ul>	<ul style="list-style-type: none"> <li> 8 oz. of water</li> </ul>

## + Food

(Record your Free Foods to track your progress.)

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# + Clean 9 Check List Day 7

2 Minute Stretch	5 Minute Warm-Up	30 Minute Exercise
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8 Glasses of Water								
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Exercise Activity	Notes (Intensity Level, Weight, Reps, etc.)	Duration
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.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

<b>Breakfast</b> 2X Forever Garcinia Plus® Softgels 4 oz. Forever Aloe Vera Gel™ 1X Forever Therm™ Tablet 1X Scoop Forever Lite Ultra™ 30 minutes of low-medium impact exercise	<b>Snack</b> 1X Packet Forever Fiber™	<b>Lunch</b> 2X Forever Garcinia Plus® Softgels 1X Forever Therm™ Tablet 1X Scoop Forever Lite Ultra™
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<b>Dinner</b> 2X Forever Garcinia Plus® Softgels 600 Calorie Meal	<b>Evening</b> 8oz. of water
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# + Food

(Record your Free Foods to track your progress.)

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## + Clean 9 Check List Day 8

 2 Minute Stretch	 5 Minute Warm-Up	 30 Minute Exercise
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 8 Glasses of Water								
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Exercise Activity	Notes (Intensity Level, Weight, Reps, etc.)	Duration
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> <li> 30 minutes of low-medium impact exercise</li> </ul>	<ul style="list-style-type: none"> <li> 1X Packet Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> </ul>

<b>Dinner</b>	<b>Evening</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 600 Calorie Meal</li> </ul>	<ul style="list-style-type: none"> <li> 8 oz. of water</li> </ul>

## + Food

(Record your Free Foods to track your progress.)

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# DAY 8 DONE! ONE DAY LEFT!

D1

D2

D3

D4

D5

D6

D7

D8










D9




# + Clean 9 Check List Day 9

 2 Minute Stretch	 5 Minute Warm-Up	 30 Minute Exercise
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 8 Glasses of Water								
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Exercise Activity	Notes (Intensity Level, Weight, Reps, etc.)	Duration
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 4 oz. Forever Aloe Vera Gel™</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™</li> <li> 30 minutes of low-medium impact exercise</li> </ul>	<ul style="list-style-type: none"> <li> 1X Packet Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 1X Forever Therm™ Tablet</li> <li> 1X Scoop Forever Lite Ultra™ or 300 Calorie Meal</li> </ul>

<b>Dinner</b>	<b>Evening</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus® Softgels</li> <li> 600 Calorie Meal</li> </ul>	<ul style="list-style-type: none"> <li> 8oz. of water</li> </ul>

# + Food

(Record your Free Foods to track your progress.)

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**CONGRATULATIONS!  
YOU HAVE  
SUCCESSFULLY  
COMPLETED  
THE CLEAN 9  
PROGRAM.  
YOU DID IT!**

**GO TO PG 7 AND RECORD  
YOUR "AFTER" CLEAN 9  
MEASUREMENTS TO REVIEW  
YOUR PROGRESS.**

# FREQUENTLY ASKED QUESTIONS.

## HOW MUCH WEIGHT CAN I EXPECT TO LOSE ON CLEAN 9?

The amount of weight you will lose during the **Clean 9** program depends on your baseline factors including your starting weight and what your lifestyle was like when you began the program.

## IS THE CLEAN 9 PROGRAM SAFE?

**Yes.** Because the program is designed to be done for nine days only, it is extremely safe for most people. However, if you have a pre-existing health condition or are under a doctor's care, it's wise to consult with them before starting **Clean 9** or any weight management program.

## WILL I FEEL HUNGRY DURING CLEAN 9?

You may feel hungry, especially during the first two days. This is normal. However, the sensation of hunger should subside. **Forever Fiber™** and **Forever Lite Ultra™** are designed to support feelings of fullness and help stave off hunger.\*

## THE FIRST TWO DAYS OF THE PROGRAM LOOK TOUGH! DO I HAVE TO FOLLOW THEM EXACTLY AS OUTLINED?

**Yes.** **Clean 9** is specifically designed to jumpstart a healthy weight management program and help eliminate some of the toxins that can negatively impact your overall health. These first two days help reset your body's ability to detoxify and set the stage for Days 3 through 9. Skipping Days 1 and 2 can impact your final results during this phase of the program.

## WHAT DOES FOREVER GARCINIA PLUS® DO?

Garcinia cambogia is a small, pumpkin-shaped fruit that contains a compound known as hydroxycitric acid (HCA). Studies show that HCA helps to support a healthy weight when used in conjunction with a healthful diet and exercise program. Specifically, Garcinia may help the body burn fat more efficiently. It may also help suppress your appetite by increasing serotonin levels.\*

## WHAT ARE THE BENEFITS OF FOREVER THERM™?

**Forever Therm™** offers a powerful combination of botanical extracts and vitamins that can help support metabolism by boosting thermogenesis.\*

## WHY DO I NEED PROTEIN?

Protein is the basic building block of every cell in your body. In order to build or repair tissues and muscles, your body needs amino acids that can only be derived from protein. Research shows that protein is essential for successful weight-loss. Calorie restriction that does not include adequate amounts of protein can cause a loss of muscle mass before you begin to lose fat. **Forever Lite Ultra™**, when combined with a healthful diet and exercise program, can help you lose fat, not muscle.\*

## WHY SHOULD I DRINK AT LEAST 8 GLASSES OF WATER PER DAY?

About 72% of your body is made up of water, and you must constantly replenish this supply. Water is needed to maintain a healthy metabolism, because it is involved in almost every biochemical process in your body. Making sure you are well-hydrated also helps to keep you feeling full between meals.

## AS LONG AS I MONITOR MY CALORIE INTAKE TO STAY WITHIN THE CLEAN 9 PROGRAM, CAN I EAT WHATEVER FOODS I WANT?

One of the most important parts of changing your body is changing the way you think about food. For best results, we suggest that you follow the program exactly as outlined in this booklet. Foods that are low in calories may not provide you with the correct balance of nutrients necessary for cleansing and weight-loss.

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

TO LEARN MORE ABOUT  
FOREVER F.I.T. VISIT:  
FOREVERLIVING.COM/FIT





# THE FOREVER F.I.T. PROGRAM HAS SOMETHING FOR EVERYONE!


## TAKE THE NEXT STEP.

Get inspired with **F15** and learn how to break bad habits that can lead to weight gain. Change the way you think about food and exercise, build lean muscle and transform your body.



## LOOKING FOR POWERFUL DAILY NUTRITION?

If you're not interested in losing weight but are looking for advanced nutrition made simple, it's time to check out **Vital5™**. With 5 powerful formulas paired together for maximum synergistic results, **Vital5™** will teach you healthy lifestyle information, provide engaging optional workouts and help you look better and feel better.



**WHETHER YOU  
WANT TO LOSE WEIGHT,  
ENJOY THE BENEFITS  
OF ADVANCED NUTRITION  
OR ARE LOOKING FOR  
YOUR NEW FAVORITE  
EXERCISE ROUTINE**

**FOREVER F.I.T  
HAS WHAT  
YOU'RE  
LOOKING  
FOR.**



FOREVER®

**F.I.T.**™  
C9 F15 V5  
Look Better. Feel Better.

\*The statements in this publication have not been evaluated by the Food and Drug Administration (US) or the Food Standards Agency (UK). The information contained herein is provided for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any dietary supplement, particularly if you are currently taking any medication or undergoing medical treatment for a pre-existing health concern.

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