



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

**CS9**

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



**FOREVER**

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

Forever's F.I.T. programme will provide you with the **foundation** and **inspiration** needed to achieve your **transformation** goal. The C9, a calorie-controlled diet plan and exercise programme, kick-starts Forever F.I.T. and helps you to take control of your body and lifestyle. C9 is designed to help you meet your weight loss, exercise and lifestyle goals by encouraging you to follow a calorie-controlled diet and exercise regime.

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

C9 is easy to follow with instructions set out for each of the nine days. This booklet also provides some nutritious shake recipe ideas (P.13), a list of **free foods** (P.15) that are nutritious but low in calories, and evening meal recipes for days 3-9 (P.17-18). Also detailed in this booklet is a range of low to medium impact exercises to support you on your weight management journey (P.11-12).

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

We all have **lifestyle and weight loss goals**, but life can sometimes get in the way. Often, we don't have time to make a plan. The C9 programme does the planning for you; all you have to do is follow it! You will find dedicated space in this booklet to record your progress and take notes along the way. We are on this journey with you.



Don't go hungry!  
Keep an eye out for  
the free foods symbol  
throughout  
this programme.

## TAKE EACH PRODUCT AS DIRECTED IN THE SUPPLEMENT SCHEDULE FOR MAXIMUM RESULTS!



### FOREVER ALOE VERA GEL

*Forever Aloe Vera Gel* is a digestive aid.



### FOREVER FIBER

*Forever Fiber* is designed for digestive health and is high in fibre and low in saturated fat.



### FOREVER THERM

*Forever Therm* is formulated with vitamins to provide supplemented support whilst achieving your diet and lifestyle goals.



### FOREVER GARCINIA PLUS

*Forever Garcinia Plus* contains the prized Asian culinary fruit *Garcinia*. It is high in chromium which helps with healthy macronutrient metabolism and also contributes to the maintenance of normal blood glucose levels.



### FOREVER LITE ULTRA

*Forever Lite Ultra* is available in chocolate and vanilla flavours and provides 24g of protein per serving, plus many other vitamins and minerals.

## BE MINDFUL OF YOUR HEALTH

Please consult your doctor for more in-depth information before beginning any exercise programme or using any dietary supplement.

Please note that the F.I.T. Programme should not be followed during pregnancy or when breastfeeding and is not suitable for children.

This programme may not be suitable if you are obese or underweight. Check your BMI and consult your doctor before changing your diet and exercise regime.

Please refer to the FAQs (P.31-P.32) before you begin the programme.

# 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 C9 programme.

2

### **RECORD YOUR DAILY EXERCISE, FOOD INTAKE, AND HOW YOU FEEL WHILE ON THE PROGRAMME IN THE C9 BOOKLET.**

Accountability will help prevent you from deviating from the programme.

3

### **DRINK PLENTY OF WATER.**

Approximately 3 litres a day for men and 2-2 ½ litres a day for women.

4

### **PUT DOWN THE SALTSHAKER.**

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

5

### **AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.**

Carbonation promotes bloating. Drinking fizzy drinks also adds unwanted calories and sugar.

# KNOW THAT YOU CAN DO THIS.



**Forever  
Aloe Vera Gel**  
2X 1 litre  
bottles

**Forever  
Lite Ultra**  
1X pouch (15  
servings)

**Forever  
Garcinia Plus**  
54 softgels

**What your  
C9 pack  
includes:**

**Forever Therm**  
18 tablets

**Forever Fiber**  
9 packets

**Tape Measure  
& Shaker**





Remember, your weight can fluctuate throughout the programme. Only record your weight on days one and nine.

# 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 half way 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 half way between the knee and the ankle, while your calves are relaxed.

## BEFORE C9 MEASUREMENTS:

	CHEST		HIPS
	BICEPS		THIGHS
	WAIST		CALVES
			WEIGHT

## AFTER C9 MEASUREMENTS:

	CHEST		HIPS
	BICEPS		THIGHS
	WAIST		CALVES
			WEIGHT

# DAYS 1&2 - RESET

THE FIRST TWO DAYS ARE A RESET PHASE TO HELP KICK-START YOUR NEW APPROACH TO GOOD NUTRITION AND BENEFICIAL EXERCISE.

THE FIRST TWO DAYS ARE TOUGH BUT WORTH IT!

Morning	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before taking <i>Forever Aloe Vera Gel</i> or free foods.</p>	120ml Forever Aloe Vera Gel With a minimum of 240ml of water.
Mid-morning	1X Packet Forever Fiber Mixed with 240-300ml of water or other beverage. This snack can be taken at any time of day.	Be sure to take <i>Forever Fiber</i> separately from your daily supplements. Fibre can bind to some nutrients, impacting their absorption by your body.	
Noon	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before taking <i>Forever Aloe Vera Gel</i> or free foods.</p>	120ml Forever Aloe Vera Gel With a minimum of 240ml of water.
Early evening	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before taking <i>Forever Aloe Vera Gel</i> or free foods.</p>	120ml Forever Aloe Vera Gel With a minimum of 240ml of water.
Night	120ml Forever Aloe Vera Gel With a minimum of 240ml of water.		

Food supplements are not foods. They are designed to provide support while you reach your lifestyle goals. They do not contribute to weight loss in isolation without being part of a calorie-controlled diet and exercise regime.

**Please note:** If you are lactose intolerant or you want to spice up your shake, why not try the cherry and ginger shake on P.13.



**1X Forever Therm tablet**

\*Take with free foods.

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

See P.11-12



Remember that you can enjoy any of the fruits and vegetables (in moderation) on P.15 as you go through the C9 programme.



**1X scoop Forever Lite Ultra**

Mixed with **300ml** of skimmed milk.

**1X Forever Therm tablet**

\*Take with free foods.

You can have your *Forever Lite Ultra* shake at any time of the day to suit your lifestyle.

Increasing your water intake is important!

**COMMITTING TO THE PROGRAMME IS CRUCIAL, AND THE FIRST TWO DAYS ARE THE TOUGHEST. KEEP YOUR GOALS IN MIND AND KNOW THAT THE DIFFICULTY IS ONLY TEMPORARY.**

**\*FREE FOODS ♡ CAN BE ENJOYED IN MODERATION TO HELP CURB HUNGER. A LIST OF FREE FOODS CAN BE FOUND ON P.15.**

# DAYS 3-9

PROVIDE APPROX. 1,000 CALORIES A DAY AND INTRODUCE 30 MINS OF MORE ROBUST EXERCISE TO HELP SET YOU ON A COURSE TO CHANGING YOUR EXERCISE AND HABITS.

Morning	<b>2X</b> Forever Garcinia Plus softgels	 <p>Before taking <i>Forever Aloe Vera Gel</i> or free foods.</p>	<b>120ml</b> Forever Aloe Vera Gel With a minimum of 240ml of water.
Mid-morning	<b>1X Packet</b> Forever Fiber Mixed with <b>240-300ml</b> of water or other beverage. This snack can be taken at any time of day.	Be sure to take <i>Forever Fiber</i> separately from your daily supplements. Fibre can bind to some nutrients, impacting their absorption by your body.	
Noon	<b>2X</b> Forever Garcinia Plus softgels	 <p>Before taking <i>Forever Lite Ultra</i> or having a meal.</p>	<b>1X scoop</b> Forever Lite Ultra Mixed with <b>300ml</b> of skimmed milk.
Early evening	<b>2X</b> Forever Garcinia Plus softgels	 <p>Before consuming your meal.</p>	<b>600-calorie meal</b> See P.17-18 for suggestions.
Night	A minimum of 240ml of water		

**30 MINUTES OF LOW-MEDIUM IMPACT EXERCISE.**  
NOW YOU HAVE FINISHED THE RESET PHASE, REFER TO THE NEXT TWO PAGES FOR EXERCISE OPTIONS.



**1X scoop** Forever  
Lite Ultra

Mixed with **300ml** of  
skimmed milk.



**1X** Forever  
Therm tablet

\*Take with free foods.



Remember that you  
can enjoy any of the  
fruits and vegetables  
(in moderation) on P.15  
as you go through the  
C9 programme.

On day nine, introduce a 300-calorie  
meal at noon in place of a *Forever  
Lite Ultra* shake. This will help you  
transition into *F15*.



**1X** Forever  
Therm tablet

\*Take with free foods.

**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.



# 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 to low and moderate impact exercises during this phase of C9. 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.



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 escalator, take the stairs, or park further away from your destination and walk.

## DAYS 3-9

**Time to step it up!** Now that you are consuming more calories, you should feel more energised and ready to take on more physical activity. During this part of C9, 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 programme.

# FOREVER LITE ULTRA SHAKE RECIPES.

These tasty recipes will add some variety to your *Forever Lite Ultra* shakes. Why not experiment with a variety of healthy ingredients and flavours to keep things interesting? The Forever shake recipes are a healthy and delicious way to work through the C9 programme.

## BLUEBERRY BLAST

### Combine:

1 scoop of *Forever Lite Ultra* vanilla shake mix / 250ml of blueberries / 4-6 small ice cubes.

Blend on high for 20-30 seconds and serve immediately.

## ORANGE & CREAM SHAKE

### Combine:

1 scoop of *Forever Lite Ultra* vanilla shake mix / 1 medium orange / 250ml unsweetened almond milk / 50ml orange juice / 50ml water / 2 small ice cubes. Blend on high for 20-30 seconds and serve immediately.

## VANILLA & STRAWBERRY SHAKE

### Combine:

1 scoop of *Forever Lite Ultra* vanilla shake mix / 250ml of water / 200g of frozen strawberries / 1 tsp of flaxseed oil / 4-6 small ice cubes.

Blend on high for 20-30 seconds and serve immediately.

## KIWI & BLUEBERRY SHAKE

### Combine:

1 scoop of *Forever Lite Ultra* vanilla shake mix / 250ml unsweetened soya milk / 2 kiwis / 100g of blueberries / 2 ice cubes.

Blend on high for 20-30 seconds and serve immediately.

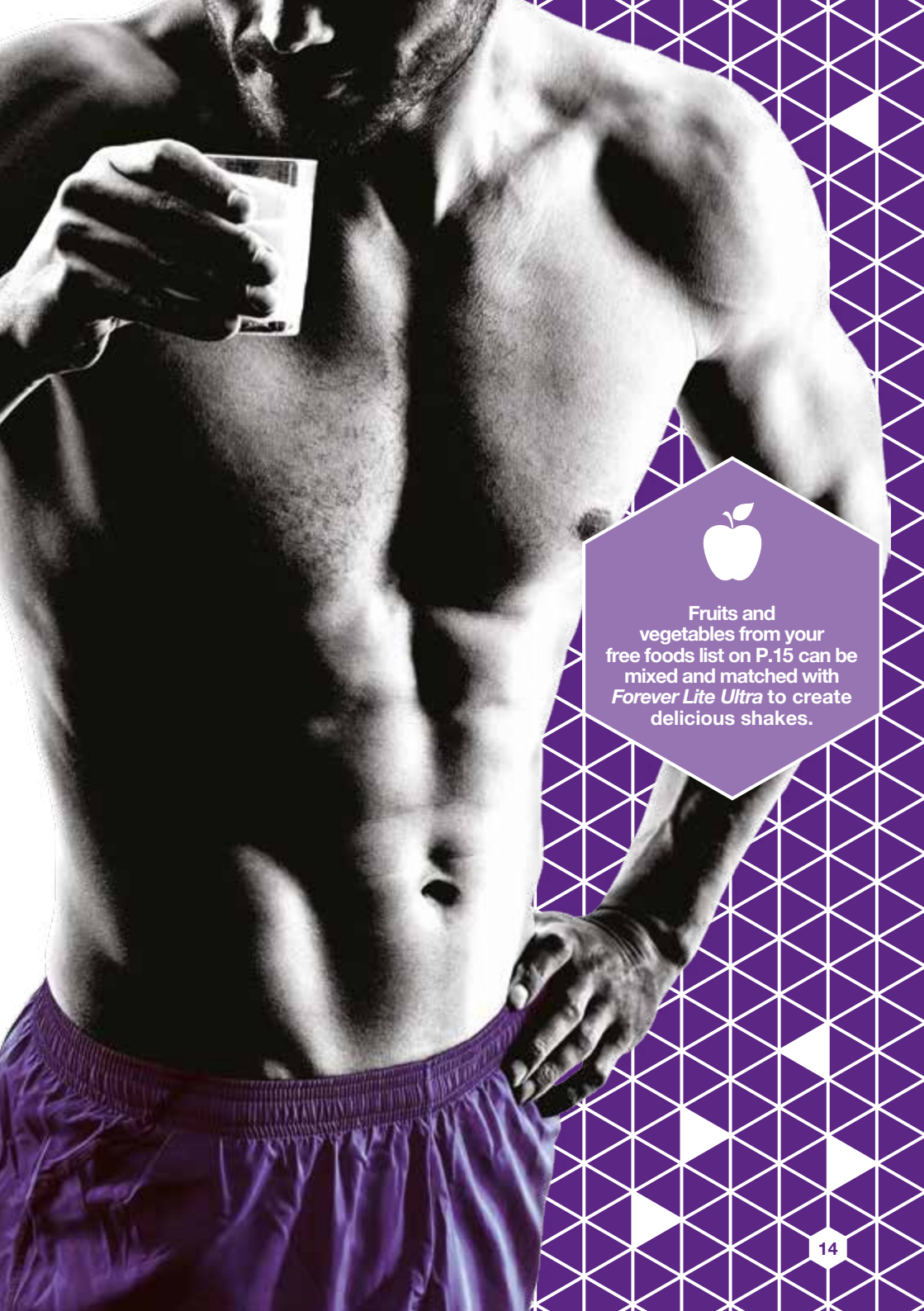
## CHERRY & GINGER RECOVERY SHAKE

### Combine:

1 scoop of *Forever Lite Ultra* vanilla shake mix / 250ml unsweetened coconut milk / 100g of frozen cherries / ½ tsp minced ginger / 4-6 small ice cubes.

Blend on high for 20-30 seconds and serve immediately.

Why not create your own? Choose healthy and interesting flavours to add some variety to your programme.



Fruits and vegetables from your free foods list on P.15 can be mixed and matched with *Forever Lite Ultra* to create delicious shakes.

# FRUITS, VEGGIES & FREE FOODS.

Fruits and vegetables listed below can be consumed throughout the C9 programme to help curb cravings. These foods are low in calories and provide vitamins, minerals, phytonutrients and fibre.

## 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	69g	Prunes	2 medium
Artichokes	1 medium	Grapefruit	½ medium	Raspberries	130g
Blackberries	144g	Kiwi	1 medium	Soybeans	45g
Blueberries	192g	Orange	1 small		
Strawberries	8 medium	Peach	1 medium		
Cherries	84g	Pear	1 small		

## Two-serving foods

Enjoy two servings of these fruits and vegetables each day.

Fruit/Vegetable	Serving Size
Asparagus	8 spears
Cauliflower	⅓ head
Pepper	1 medium
Sugar snap peas	14 pods
Tomatoes	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 C9 programme.

Rocket	Endive	Kale
Celery	Broccoli	Leeks
Green onion	Cucumber	Spinach
Lettuce (all varieties)	Aubergine	String beans



**THE FRUITS AND  
VEGETABLES ON THIS  
PAGE CAN BE ENJOYED  
IN MODERATION TO  
HELP CURB HUNGER.**

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

# DELICIOUS DINNERS 500-600-CALORIE MEALS.

These quick and easy meal ideas can add variety to your C9 programme during days three to nine. Each meal is **approximately 500 to 600 calories**. Feel free to mix and match the meals to suit your tastes.



## CHICKEN & RICE

142g grilled chicken breast, skinless and boneless / 146g cooked brown rice / 256g mixed vegetables (from your free foods list) / 15g raw almonds.

## SIMPLE SALMON

113g salmon, sautéed / 1 tbsp (15ml) olive oil (for sautéing) / 115g (medium sized) sweet potato sprinkled with cinnamon / 1 portion of steamed vegetables.

## BURRITO BOWL

Layer the following ingredients in a large bowl: 194g cooked brown rice / 60g cooked black beans / 85g sliced grilled chicken breast, skinless and boneless / 22.5g chopped onion and 65g salsa / 37.5g diced avocado / 1 tsp coriander / lime wedge.

## ROAST TURKEY DINNER

113g turkey breast, grilled without the skin / 1 medium baked potato topped with 1 tsp of clarified butter and minced chives / 115g 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.

## TURKEY BURGER & SWEET POTATO WEDGES

113g lean turkey mince / 150g sweet potato wedges (spray with cooking spray and dust with a sprinkling of chilli powder or cinnamon; bake at 200°C / 400°F for 30 minutes or until tender) / 150g mixed lettuce with tomatoes and red onion, dressed with 2 tsp extra virgin olive oil and 2 tsp balsamic vinegar.

## IS THIS ENOUGH FOOD FOR ME?

**DURING DAYS THREE TO NINE, YOU'LL BE CONSUMING APPROX. 900-1,200\* CALORIES PER DAY. MEN CAN ADD AN ADDITIONAL 100 TO 200 CALORIES PER DAY IF NEEDED BY EATING AN EXTRA 57g-85g OF LEAN PROTEIN OR BY DRINKING ONE ADDITIONAL FOREVER LITE ULTRA SHAKE\*\*.**

### PASTA NIGHT

140g cooked (rice or quinoa) pasta tossed with 264g of bolognaise sauce and 122g mushrooms / 85g grilled chicken, skinless and boneless, sliced / 150g romaine lettuce with tomatoes and cucumbers, dressed with 2 tsp extra virgin olive oil and 2 tsp balsamic vinegar.

### PORK & BEANS PLUS

113g grilled pork chop / 30g cooked black beans / 93g quinoa / 75g mixed lettuce and 75g chopped cucumber dressed with 2 tsp extra virgin olive oil and 2 tsp balsamic vinegar.

**C9 REQUIRES COMMITMENT AND WILLPOWER, BUT IF YOU ARE HUNGRY AND NEED A LITTLE SOMETHING EXTRA, TRY ONE OF THESE ADDITIONAL TIPS:**

#### **Drink more water.**

Remember to drink plenty of water while on the C9.



**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.



# YOUR DAILY PLANNER.

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

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.



# + C9 Checklist, 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>Morning</b> <ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 120ml Forever Aloe Vera Gel</li> <li> 1X Forever Therm tablet</li> <li> Minimum of 30 minutes of low-intensity exercise</li> </ul>	<b>Mid-morning</b> <ul style="list-style-type: none"> <li> 1X packet Forever Fiber</li> </ul>	<b>Noon</b> <ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 120ml Forever Aloe Vera Gel</li> <li> 1X Forever Therm tablet</li> <li> 1X scoop Forever Lite Ultra</li> </ul>
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<b>Early evening</b> <ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 120ml Forever Aloe Vera Gel</li> </ul>	<b>Night</b> <ul style="list-style-type: none"> <li> 120ml Forever Aloe Vera Gel</li> </ul>
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## + Food

(Record your free foods to track your progress)

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# DAY 1 DONE! EIGHT DAYS TO GO!



# + C9 Checklist, 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>Morning</b> 2X Forever Garcinia Plus softgels 120ml Forever Aloe Vera Gel 1X Forever Therm tablet Minimum of 30 minutes of low-intensity exercise	<b>Mid-morning</b> 1X packet Forever Fiber	<b>Noon</b> 2X Forever Garcinia Plus softgels 120ml Forever Aloe Vera Gel 1X Forever Therm tablet 1X scoop Forever Lite Ultra
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<b>Early evening</b> 2X Forever Garcinia Plus softgels 120ml Forever Aloe Vera Gel	<b>Night</b> 120ml Forever Aloe Vera Gel
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## + Food

(Record your free foods to track your progress)


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**FANTASTIC JOB!  
YOU HAVE ALREADY  
COMPLETED TWO DAYS  
OF THE C9 PROGRAMME.  
KEEP GOING.**

**YOU CAN DO THIS!**

**DON'T FORGET, THE PROGRAMME CHANGES  
AFTER DAY 2, CHECK OUT THE  
SCHEDULE FOR DAYS  
3-9 (P.9-10).**



# + C9 Checklist, 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>Morning</b> <ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 120ml 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>	<b>Mid-morning</b> <ul style="list-style-type: none"> <li> 1X packet Forever Fiber</li> </ul>	<b>Noon</b> <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>
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<b>Early evening</b> <ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 600-calorie meal</li> </ul>	<b>Night</b> <ul style="list-style-type: none"> <li> 240ml of water</li> </ul>
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## + Food

(Record your free foods to track your progress)

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# + C9 Checklist, 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>Morning</b>	<b>Mid-morning</b>	<b>Noon</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 120ml 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>Early evening</b>	<b>Night</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> 240ml of water</li> </ul>

# + Food

(Record your free foods to track your progress)

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# + C9 Checklist, 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
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<b>Morning</b>	<b>Mid-morning</b>	<b>Noon</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 120ml 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>Early evening</b>	<b>Night</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> 240ml of water</li> </ul>

## + Food

(Record your free foods to track your progress)

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## + C9 Checklist, 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
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<b>Morning</b>	<b>Mid-morning</b>	<b>Noon</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 120ml 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>Early evening</b>	<b>Night</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> 240ml of water</li> </ul>

## + Food

(Record your free foods to track your progress)

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# + C9 Checklist, 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>Morning</b>	<b>Mid-morning</b>	<b>Noon</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 120ml 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>Early evening</b>	<b>Night</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> 240ml of water</li> </ul>

## + Food

(Record your free foods to track your progress)

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# + C9 Checklist, Day 8

2-minute stretch	5-minute warm-up	30-minute exercise
------------------	------------------	--------------------

8 glasses of water								
--------------------	--	--	--	--	--	--	--	--

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

<b>Morning</b> 2X Forever Garcinia Plus softgels 120ml Forever Aloe Vera Gel 1X Forever Therm tablet 1X scoop Forever Lite Ultra 30 minutes of low-medium impact exercise	<b>Mid-morning</b> 1X packet Forever Fiber	<b>Noon</b> 2X Forever Garcinia Plus softgels 1X Forever Therm tablet 1X scoop Forever Lite Ultra
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<b>Early evening</b> 2X Forever Garcinia Plus softgels 600-calorie meal	<b>Night</b> 240ml of water
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# + 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




# + C9 Checklist Day 9

 2-minute stretch	 5-minute warm-up	 30-minute exercise
---	--	--

 8 glasses of water								
---	---	---	---	---	---	---	---	--

Exercise activity	Notes (Intensity level, weight, reps, etc.)	Duration
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

<b>Morning</b>	<b>Mid-morning</b>	<b>Noon</b>
<ul style="list-style-type: none"> <li> 2X Forever Garcinia Plus softgels</li> <li> 120ml 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> 300-calorie meal</li> </ul>

<b>Early evening</b>	<b>Night</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> 240ml of water</li> </ul>

## + Food

(Record your free foods to track your progress)

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**CONGRATULATIONS!  
YOU HAVE  
SUCCESSFULLY  
COMPLETED THE  
C9 PROGRAMME.**

**YOU DID IT!**

**GO TO P.6 AND RECORD  
YOUR "AFTER" C9  
MEASUREMENTS TO REVIEW  
YOUR PROGRESS.**

# FREQUENTLY ASKED QUESTIONS.

## HOW MUCH WEIGHT CAN I EXPECT TO LOSE ON C9?

The amount of weight you will lose during the C9 programme depends on your baseline factors including your starting weight and what your lifestyle was like when you began the programme.

## IS THE C9 PROGRAMME SAFE?

**Yes.** the programme is designed to be done for nine days only and should not exceed this. If you have any medical conditions please consult your doctor before starting the C9 programme. The C9 programme should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia, and it should not be followed during pregnancy or when breastfeeding. It is not suitable for children and people with a BMI of less than 25. People with a BMI of more than 30 should consult their doctor before using this programme. *Forever Therm* contains caffeine and *Forever Fiber* can cause gastrointestinal changes due to a sudden increase in fibre, drinking more water can help with the symptoms.

## ARE FOOD SUPPLEMENTS DIET FOODS?

No. The food supplements in the C9 programme do not assist with weight loss in isolation. They are specially formulated to provide supplemented support, while you achieve your diet and lifestyle goals. *Forever Lite Ultra* is high in protein, vitamins and minerals. *Forever Fiber* is high in fibre and low in saturated fat. *Forever Garcinia Plus* contains chromium to assist with healthy macronutrient metabolism and blood glucose levels. *Forever Therm* has been specially formulated to provide vitamin and mineral support, such as vitamin B2, B6 and B12 to help reduce tiredness and fatigue.

## WILL I FEEL HUNGRY DURING C9?

You may feel hungry, especially during the first two days. This is normal. Visit the **free foods** 🍌 section on page 15.

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

Skipping day one and two can impact your final results, but remember you can have the **free foods** 🍌 on page 15. Symptoms such as headaches, low energy and gastrointestinal changes are normal during the reset phase.

## WHY DO I NEED PROTEIN?

Protein is the basic building-block of every cell in your body. In order to build or maintain tissues and muscles, your body needs amino acids that can only be derived from protein. 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* is high in protein and designed for those on the go.

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

About 72% of your body is made up of water, and you must constantly replenish this supply. Water contributes to the maintenance of normal regulation of the body's temperature. Water also contributes to the maintenance of normal physical and cognitive functions.

## AS LONG AS I MONITOR MY CALORIE INTAKE TO STAY WITHIN THE C9 PROGRAMME, 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 programme exactly as outlined in this booklet. Foods that are low in calories may not provide you with the correct balance of nutrients.

**Please remember that** Forever's food supplements are designed to provide optimum supplemented support whilst you achieve your diet and lifestyle goals, they do not contribute to weight loss in isolation, but as part of a calorie-controlled diet and lifestyle plan.

**Safety warnings:** A sudden increase in fibre in the diet can cause gastrointestinal upset. Always drink plenty of water. *Forever Garcinia Plus* is not suitable for taking during pregnancy or when breastfeeding; it should not be taken by people with dementia or diabetes. *Forever Therm* contains caffeine and is not suitable for taking during pregnancy or when breastfeeding; it is not suitable for children. Please note that the F.I.T. programme (C9 and F15) should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia.

## WHAT DO THE F.I.T. FOOD SUPPLEMENTS DO?

The food supplements in Forever's F.I.T. programme are designed to provide supplemented support:

**Forever Fiber**, for digestive health, is high in fibre and low in saturated fat.

**Forever Garcinia** contains the prized Asian culinary fruit garcinia. This food supplement also contains chromium which helps with healthy macronutrient metabolism and also contributes to the maintenance of normal blood glucose levels.

**Forever Therm** is specially formulated with vitamins to provide supplemented support while you are achieving your diet and lifestyle goals. *Forever Therm's* ingredients include:

### Energy:

- Vitamin B2, B6 and B12 help to reduce tiredness and fatigue.

### Metabolic support:

- Niacin and pantothenic acid support normal energy yielding metabolism.
- Vitamin B6 assists with normal protein metabolism and the regulation of hormones.
- Riboflavin supports normal iron metabolism.
- Folic acid helps with healthy amino acid synthesis.

### Antioxidants:

- Vitamin C for protection of cells from oxidative damage.
- Vitamin B2 contributes to protection of DNA, proteins and lipids from oxidative damage.

### Performance:

- Pantothenic acid for normal mental performance.

### Immune support:

- Vitamin C, B12 and folic acid helps support health immune function.

### Heart health:

- Thiamine contributes to normal heart function.

**TO LEARN MORE ABOUT  
FOREVER F.I.T. VISIT  
FOREVERLIVING.COM**

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

## STEP IT UP.

MOVING TOWARDS A HEALTHIER LIFESTYLE ISN'T EASY. THAT'S WHY FOREVER CREATED THE F.I.T. PROGRAMME: AN EASY-TO-FOLLOW REGIME MADE UP OF BITESIZE STAGES TO HELP YOU ACHIEVE YOUR FITNESS GOALS.

You have already completed your kick-start and are on the way to taking control of your body and lifestyle. Now it's time to take the next step.

*F15*, Forever's follow-on programme to *C9*, offers a personalised approach to continuing your weight management journey. Choose a fitness level that helps you to achieve your goals:

### F15 BEGINNER

New to fitness and nutrition? Then start with *F15 Beginner*. Learn the basics of fitness with customised body workouts, fundamental movements and basic cardio. Build your foundation with easy-to-follow guidelines, healthy recipes, weight management products and lifestyle tips.

### F15 INTERMEDIATE

Already moderately active but looking to step up your routine? Jump ahead to *F15 Intermediate*. With a selection of recipes, customised workouts, interval training, high intensity workouts and weight management products, *F15 Intermediate* will help you to take it to the next level.

### F15 ADVANCED

If you're already very active, but in search of a programme that better suits you, why not try *F15 Advanced*? With higher intensity exercise and food supplement support, *F15 Advanced* provides a more intensive regime for those looking for a challenge.

FIND OUT MORE AT  
**FOREVERLIVING.COM**  
OR SPEAK TO THE FBO WHO  
GAVE YOU THIS BOOKLET.



A woman is shown from the chest down, wearing a bright yellow sports bra and matching shorts. She is in a dynamic pose, with her right hand near her head and her left leg bent. The background is a solid green color with a white geometric pattern of overlapping triangles. A large green hexagon is positioned in the lower right quadrant, containing white text.

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



FOREVER

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Nov 2016



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