



C9

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



FOREVER

CAN YOU LOOK BETTER AND FEEL BETTER IN JUST NINE DAYS? **YES.**

The **C9** programme can help to jumpstart your journey to a slimmer, healthier you. This effective, easy-to-follow programme will give you the tools you need to start transforming your body today!

WHAT CAN YOU EXPECT OVER THE NEXT NINE DAYS?

YOU'LL LOOK BETTER AND FEEL BETTER. YOU'LL ALSO BEGIN TO FEEL LIGHTER AND MORE ENERGISED 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. Changing lifelong habits by focusing on good nutrition and exercise can help you to achieve true and lasting weight management. **C9** is the foundation of the **Forever F.I.T.** programme, designed to help put you on a path to build a slimmer, leaner you.

**Forever
Garcinia Plus**
54 Softgels

**Forever Aloe
Vera Gel**
2 X 1-Litre
bottles

**Forever
Lite Ultra
Shake Mix**
1 X Pouch

**What
your C9 Pack
includes:**

Forever Fiber
9 Sticks

**Forever
Therm**
18 Tablets

**Tape
Measure
& Shaker**

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

Please note that C9 and the Forever F.I.T. programmes are not suitable for, and should not be taken by, anyone who has diabetes, kidney disease, epilepsy, or is pregnant.

If you have any medical condition, please consult your doctor before starting the programme.



YOU DESERVE MAXIMUM RESULTS.

FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.



WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.

Record your measurements in this booklet and calculate the difference at the end of the **C9** programme.



CHOOSE THREE REALISTIC GOALS YOU WANT TO ACHIEVE IN THE NEXT NINE DAYS.

It could be anything from having more energy, to taking the stairs instead of the lift at work.



RECORD YOUR DAILY EXERCISE, FOOD INTAKE AND HOW YOU FEEL, IN THIS BOOKLET.

Accountability will help prevent you from deviating from the programme.



EXERCISE DAILY.

It's important not to over-exert yourself at the beginning of the programme. Start with easy, low-impact exercises and gradually increase activity.



INSTEAD OF WEIGHING YOURSELF DAILY, RECORD YOUR WEIGHT ONLY ON DAYS ONE, THREE, SIX AND NINE.

As your body responds to the different phases of **C9**, your weight may fluctuate.

DRINK PLENTY OF WATER.

Approximately three litres a day for men and two - two ½ litres a day for women.

PUT DOWN THE SALTSHAKER.

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

AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.

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

**KNOW THAT YOU
CAN DO THIS.**

DAYS ONE AND TWO

THE FIRST TWO DAYS OF THE C9 PROGRAMME ARE DESIGNED TO RESET YOUR BODY AND YOUR MIND.

Breakfast

2X Forever
Garcinia Plus
Softgels

120ml
Forever Aloe Vera
Gel

With a minimum of
250ml of water

1X Forever
Therm Tablet

Minimum
of 30 minutes
of low-intensity
exercise

See pages 15 & 16

Snack

1X Packet
Forever Fiber

Mixed with water or
other beverage

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

Lunch

2X Forever
Garcinia Plus
Softgels

120ml
Forever Aloe Vera
Gel

With a minimum of
250ml of water

1X Forever
Therm Tablet

1X Scoop
Forever Lite Ultra

Mixed with 300ml of
skimmed milk*

Dinner

2X Forever
Garcinia Plus
Softgels

120ml
Forever Aloe Vera
Gel

With a minimum of
250ml of water

Evening

120ml
Forever Aloe Vera
Gel

With a minimum of
250ml of water

Remember to drink
plenty of water while
on the C9



**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 found
on page 11**

Enjoy these foods
in moderation
to help curb
hunger

* If lactose intolerant, please use
suitable substitute.

DAYS THREE THROUGH NINE

BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS ONE, THREE, SIX AND NINE, AND DON'T BE DISCOURAGED!

Breakfast

2X Forever
Garcinia Plus
Softgels

120ml
Forever Aloe Vera
Gel

With a minimum
of 250ml of water

1X Forever
Therm Tablet

1X Scoop
Forever Lite Ultra

Mixed with 300ml of
skimmed milk*

Minimum
of 30 minutes
of moderate-
intensity exercise

See pages 15 & 16

Lunch

2X Forever
Garcinia Plus
Softgels

Snack

1X Packet
Forever Fiber

Mixed with water or
other beverage

1X Forever
Therm Tablet



You're almost there! On **DAY NINE**, introduce a low fat, low sugar **300-calorie** meal for lunch instead of a **Forever Lite Ultra** shake. This will help your transition into **Forever F.I.T. 1**

1X Scoop
Forever Lite Ultra

Mixed with 300ml of
skimmed milk*

Dinner

**2X Forever
Garcinia Plus
Softgels**



**600-Calorie
Meal**

See pages 13 & 14 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 250ml
of water

The **C9**
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



**YOU CAN GENTLY
INCREASE THE
INTENSITY OF YOUR
EXERCISE AND CAN
STILL HAVE FREE
FOODS ON DAY THREE
TO NINE. KEEP
POSITIVE AND GET
READY FOR THE
NEXT STEP!**

* If lactose intolerant, please use
suitable substitute.

FOREVER LITE ULTRA 200-300 CALORIE SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite Ultra shakes**. Packed with protein, you can use these shake ideas as a post-workout drink throughout the **Forever F.I.T.** programme. These shake recipes are healthy, low-calorie and delicious.

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 in a blender / Blend on high for **20-30 seconds** and serve immediately.

BLUEBERRY BLAST

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **250ml** of blueberries / **4-6** small ice cubes in a blender / 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 / **100grams** of blueberries / **2** 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 /
1tsp of flax oil / 4-6 small ice cubes in a blender /
Blend on high for 20-30 seconds and serve immediately.

Fruits and vegetables from your Free Foods list on page 11 can be mixed and matched with Forever Lite Ultra in countless ways.

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

FEEL FREE TO SWAP 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 250ml.

HAVE A GREAT RECIPE?
SHARE IT WITH US AT
 /ForeverLivingProductsUK
#FitRecipes

YOUR FREE FOODS.

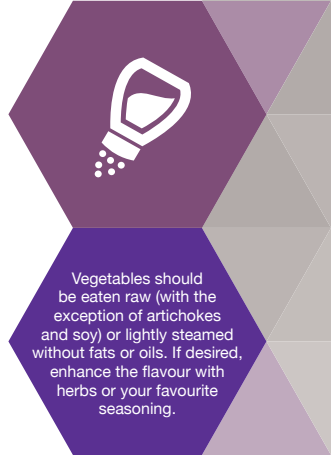
All of the foods below are low on the **Glycemic Index (GI)** - a system that measures how much a particular food impacts your blood sugar on a scale of one to 100. **Foods under 55 are considered low GI.** Because these foods are low in calories, and have a minimal effect on your blood sugar, these can be enjoyed as a snack throughout the day to help curb cravings.



APRICOTS
APPLES
BLACKBERRIES
BLUEBERRIES
BOYSENBERRIES
CHERRIES
RED/PURPLE GRAPES
GRAPEFRUIT
KIWI FRUIT
ORANGES
PEACHES
PEARS
PLUMS
PRUNES
RASPBERRIES
STRAWBERRIES



ARTICHOKES
ROCKET
ASPARAGUS
BELGIAN ENDIVE
BROCCOLI
CAULIFLOWER
CELERY
CUCUMBER
AUBERGINE
SPRING ONIONS
KALE
LEEKES
LETTUCES – ALL VARIETIES
PEPPERS – ALL VARIETIES
MANGETOUT OR SUGAR SNAP PEAS
SOY BEANS
SPINACH
STRING BEANS
TOMATOES



Vegetables should be eaten raw (with the exception of artichokes and soy) or lightly steamed without fats or oils. If desired, enhance the flavour with herbs or your favourite seasoning.



**THESE FRUITS
AND VEGETABLES
MAY BE EATEN
IN MODERATION
ANY TIME DURING
THE C9 PROGRAMME.**

DELICIOUS DINNERS 500-600 CALORIE MEALS.

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

**IS THIS
ENOUGH
FOOD
FOR ME?**

DURING DAYS THREE THROUGH NINE, 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 TWO TO THREE OUNCES OF LEAN PROTEIN OR BY DRINKING ONE ADDITIONAL FOREVER LITE ULTRA SHAKE.

C9 REQUIRES COMMITMENT AND WILLPOWER. FORTUNATELY, MOST PEOPLE FIND THAT THEIR HUNGER DIMINISHES WITH EACH PASSING DAY, BUT IF YOU'RE TRULY HUNGRY AND NEED A LITTLE SOMETHING EXTRA, TRY THESE ADDITIONAL TIPS:

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.



CHICKEN & RICE

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

ROAST TURKEY DINNER

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

PASTA NIGHT

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

TURKEY BURGER & SWEET POTATO WEDGES

4oz. lean ground turkey breast / **4oz.** 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 **2tsp** extra virgin olive oil and **2tsp** balsamic vinegar.

SIMPLE SALMON

4oz. salmon, sautéed / **1tbsp** olive oil (for sautéing) / **1** medium sweet potato sprinkled with cinnamon / **1** portion of green steamed vegetables.

BURRITO BOWL

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

PORK & BEANS PLUS

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

CHEESE & MUSHROOM OMLETTE WITH SWEET POTATO

3 eggs / **4oz.** mushrooms / **1oz.** parmesan cheese / **4oz.** peas, **4oz.** sweetcorn / **1** roasted sweet potato.

EXERCISE OPTIONS.

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

DAYS ONE AND TWO

You will have a very low calorie intake for the first two days. Because of this, you may feel like you have less energy than usual. This is normal and nothing to be concerned about.

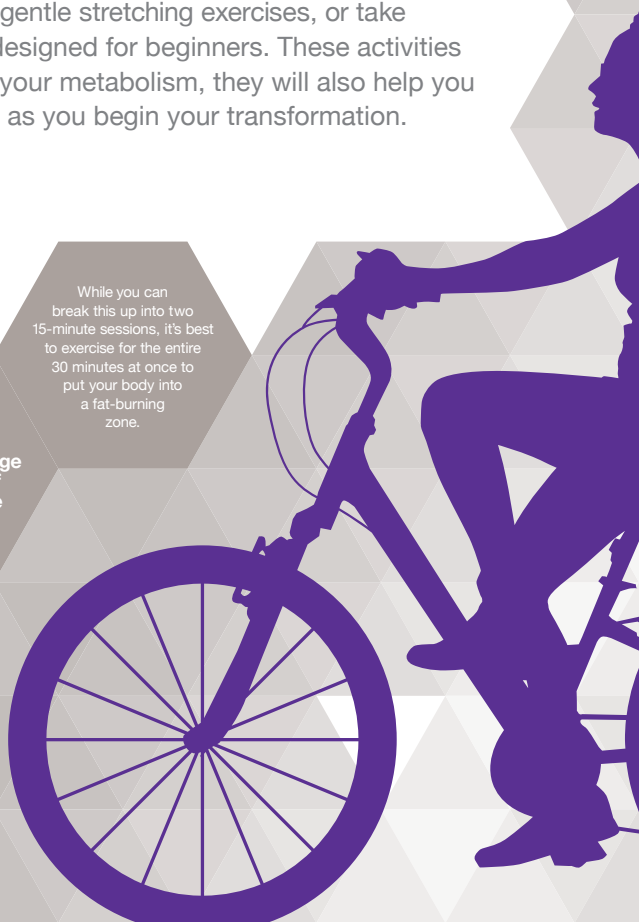
While getting some exercise is important, it's best to keep it to low and moderate impact exercises during this phase of **C9**. Take a 30-minute walk at a slow to moderate pace, engage in some gentle stretching exercises, or take a low-key yoga class designed for beginners. These activities will not only stimulate your metabolism, they will also help you stay centred and calm as you begin your transformation.



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 the entire 30 minutes at once to put your body into a fat-burning zone.



Be sure to take five minutes to warm up and two minutes to stretch before 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.

DAYS THREE THROUGH NINE.

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

BRISK WALKING
STRENGTH TRAINING
SWIMMING
WATER AEROBICS
YOGA
TREADMILL
STEP AEROBICS

HIKING
ROCK CLIMBING
DANCING
ROLLERBLADING
TREADMILL
ELLIPTICAL MACHINE
CYCLING

**AS YOU HAVE MORE ENERGY,
INCREASE THE DURATION AND
INTENSITY OF LOW-MEDIUM
IMPACT EXERCISE FOR
GREATER RESULTS!**



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 **C9** programme.



KEEP TRACK OF HOW YOUR BODY IS IMPROVING BY WEIGHING YOURSELF ON THE DAYS INDICATED.



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 MANAGEMENT JOURNEY.

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 and place the tape measure over the hip bone on each side.

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.



Our experience shows that you are more likely to stick with the C9 programme and achieve your goals if you write down your daily progress.



DATE

/ / / / / / / / / /

MEASUREMENT

DAY 1

DAY 3

DAY 6

DAY 9

TOTAL LOSS

WEIGHT

CHEST

BICEPS

WAIST

HIPS

THIGHS

CALVES

D1**D2****D3****D4****D5****D6****D7****D8****D9****EXERCISE
CHECK
LIST****2-MINUTE
STRETCH****5-MINUTE
WARM-UP****30-MINUTE
EXERCISE****8 GLASSES
OF WATER****EXERCISE ACTIVITY****NOTES***(Intensity Level, Weight, Reps, etc.)***DURATION****+ C9 Programme DAY ONE****+ BREAKFAST****2X** Forever Garcinia Plus Softgels**120ml** Forever Aloe Vera Gel**1X** Forever Therm Tablet**30 min** minimum of low-intensity exercise**+ SNACK****1X Packet** Forever Fiber**+ LUNCH****2X** Forever Garcinia Plus Softgels**120ml** Forever Aloe Vera Gel**1X** Forever Therm Tablet**1X Scoop** Forever Lite Ultra**+ DINNER****2X** Forever Garcinia Plus Softgels**120ml** Forever Aloe Vera Gel**+ EVENING****120ml** Forever Aloe Vera Gel**250ml** of water**+ FOOD**

DAY ONE DONE! EIGHT DAYS TO GO!

D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ C9 Programme DAY TWO

+ BREAKFAST

2X Forever Garcinia Plus Softgels

120ml Forever Aloe Vera Gel

1X Forever Therm Tablet

30 min minimum of low-intensity exercise

+ SNACK

1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia Plus Softgels

120ml Forever Aloe Vera Gel

1X Forever Therm Tablet

1X Scoop Forever Lite Ultra

+ DINNER

2X Forever Garcinia Plus Softgels

120ml Forever Aloe Vera Gel

+ EVENING

120ml Forever Aloe Vera Gel

250ml of water

+ FOOD



**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 TWO, CHECK OUT THE CHECKLIST FOR DAYS THREE
THROUGH NINE.**

C9

D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ C9 Programme DAY THREE

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+ FOOD



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ C9 Programme DAY FOUR

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+ FOOD

DAY FOUR DONE! ALMOST HALFWAY!



D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ C9 Programme DAY FIVE

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+ FOOD



D1

D3

D5

D7

D9

D2

D4

D6

D8

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ C9 Programme DAY SIX

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+ FOOD

DAY SIX DONE! 2/3 OF THE WAY! 

D1

D3

D5

D7

D9

D2

D4

D6

D8

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ C9 Programme DAY SEVEN

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+ FOOD



D1**D2****D3****D4****D5****D6****D7****D8****D9****EXERCISE
CHECK
LIST****2-MINUTE
STRETCH****5-MINUTE
WARM-UP****30-MINUTE
EXERCISE****8 GLASSES
OF WATER****EXERCISE ACTIVITY****NOTES***(Intensity Level, Weight, Reps, etc.)***DURATION****+ C9 Programme DAY EIGHT****+ BREAKFAST****2X** Forever Garcinia Plus Softgels**120ml** Forever Aloe Vera Gel**1X** Forever Therm Tablet**1X Scoop** Forever Lite Ultra**30 min** minimum of moderate-intensity exercise**+ SNACK****1X Packet** Forever Fiber**+ LUNCH****2X** Forever Garcinia Plus Softgels**1X** Forever Therm Tablet**1X Scoop** Forever Lite Ultra**+ DINNER****2X** Forever Garcinia Plus Softgels**600-Calorie Meal****+ EVENING****250ml** of water**+FOOD**

DAY EIGHT DONE! ONE DAY LEFT!

D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE
CHECK
LIST2-MINUTE
STRETCH5-MINUTE
WARM-UP30-MINUTE
EXERCISE8 GLASSES
OF WATER

EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

+ C9 Programme DAY NINE

+ BREAKFAST

2X Forever Garcinia
Plus Softgels

120ml Forever Aloe Vera Gel



1X Forever Therm Tablet

1X Scoop Forever
Lite Ultra30 min minimum of
moderate-intensity exercise

+ SNACK



1X Packet Forever Fiber

+ LUNCH

2X Forever Garcinia
Plus Softgels

1X Forever Therm Tablet



300-Calorie Meal

+ DINNER

2X Forever Garcinia
Plus Softgels

600-Calorie Meal

+ EVENING



250ml of water

+ FOOD



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

C9

GET INSPIRED WITH FOREVER F.I.T. 1.

Now you have completed the C9 it's time to move on to the next phase and step things up, get inspired and push on to achieve your goals. The **Forever F.I.T. Programme** will help to break bad habits and keep you on track.



FOREVER F.I.T. 1 IS PACKED
WITH FANTASTIC INFORMATION
TO NOT ONLY CHANGE YOUR
BODY BUT ALSO TO CHANGE THE
WAY YOU THINK ABOUT
FOOD AND EXERCISE.



F1



F2

**CONTACT
THE PERSON THAT
INTRODUCED YOU
TO C9...**

**...TO PURCHASE
FOREVER FIT. 1, AND
CONTINUE YOUR
JOURNEY**

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 is not suitable for, and should not be taken by, anyone who has diabetes, kidney disease, epilepsy, or is pregnant.

WILL I FEEL HUNGRY DURING C9?

You may feel hungry, especially during the first two days. This is normal. However, the sensation of hunger should subside. Visit the free foods section on page 11.

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

No, but the days are specifically designed to jumpstart a healthy weight management programme.

WHAT IS GARCINIA?

Garcinia cambogia is a small, pumpkin-shaped fruit that contains a compound known as hydroxycitric acid (HCA).

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.

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 1,000-CALORIE LIMIT, CAN I EAT WHATEVER FOODS I WANT?

Foods that are low in calories may not provide you with the correct balance of nutrients necessary for weight loss. We recommend that you research the best options and recipes to help you on your weight management journey.

The logo consists of the letters 'C9' in a bold, white, sans-serif font, centered within a solid purple hexagon. The hexagon is set against a background of a repeating pattern of smaller, lighter purple hexagons.

C9

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