

# CLEAN9 DAY 6

## + CLEAN9 PROGRAM DAY\* 3-9

2 min. Stretching	5 min. Warm up	30 min. Training
x8	1 2 3 4 5 6 7 8	

### + Notes

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Breakfast	Snack	Lunch
<input type="checkbox"/> 120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua <input type="checkbox"/> 1x Forever Therm™ <input type="checkbox"/> 1x Forever Ultra™ Shake Mix	<input type="checkbox"/> 1x Forever Fiber™	<input type="checkbox"/> 1x Forever Therm™ <input type="checkbox"/> 1x Forever Ultra™ Shake Mix

Dinner	Bed Time
<input type="checkbox"/> 1x Forever Shape® <input type="checkbox"/> 600 kcal Dinner (♀) <input type="checkbox"/> 800 kcal Dinner (♂)	<input type="checkbox"/> 240ml Wasser · eau · acqua

### + Ernährung · alimentation · alimentazione

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# CLEAN9 DAY 7

## + CLEAN9 PROGRAM DAY\* 3-9

2 min. Stretching	5 min. Warm up	30 min. Training
x8	1 2 3 4 5 6 7 8	

### + Notes

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Breakfast	Snack	Lunch
<input type="checkbox"/> 120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua <input type="checkbox"/> 1x Forever Therm™ <input type="checkbox"/> 1x Forever Ultra™ Shake Mix	<input type="checkbox"/> 1x Forever Fiber™	<input type="checkbox"/> 1x Forever Therm™ <input type="checkbox"/> 1x Forever Ultra™ Shake Mix

Dinner	Bed Time
<input type="checkbox"/> 1x Forever Shape® <input type="checkbox"/> 600 kcal Dinner (♀) <input type="checkbox"/> 800 kcal Dinner (♂)	<input type="checkbox"/> 240ml Wasser · eau · acqua

### + Ernährung · alimentation · alimentazione

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# CLEAN9 DAY 8

## + CLEAN9 PROGRAM DAY\* 3-9

2 min. Stretching	5 min. Warm up	30 min. Training
x8	1 2 3 4 5 6 7 8	

### + Notes

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Breakfast	Snack	Lunch
<input type="checkbox"/> 120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua <input type="checkbox"/> 1x Forever Therm™ <input type="checkbox"/> 1x Forever Ultra™ Shake Mix	<input type="checkbox"/> 1x Forever Fiber™	<input type="checkbox"/> 1x Forever Therm™ <input type="checkbox"/> 1x Forever Ultra™ Shake Mix

Dinner	Bed Time
<input type="checkbox"/> 1x Forever Shape® <input type="checkbox"/> 600 kcal Dinner (♀) <input type="checkbox"/> 800 kcal Dinner (♂)	<input type="checkbox"/> 240ml Wasser · eau · acqua

### + Ernährung · alimentation · alimentazione

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# CLEAN9 DAY 9

## + CLEAN9 PROGRAM DAY\* 3-9

2 min. Stretching	5 min. Warm up	30 min. Training
x8	1 2 3 4 5 6 7 8	

### + Notes

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Breakfast	Snack	Lunch
<input type="checkbox"/> 120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua <input type="checkbox"/> 1x Forever Therm™ <input type="checkbox"/> 1x Forever Ultra™ Shake Mix	<input type="checkbox"/> 1x Forever Fiber™	<input type="checkbox"/> 1x Forever Therm™ <input type="checkbox"/> 300 kcal Dinner (♀) <input type="checkbox"/> 300 kcal Dinner (♂)

Dinner	Bed Time
<input type="checkbox"/> 1x Forever Shape® <input type="checkbox"/> 600 kcal Dinner (♀) <input type="checkbox"/> 800 kcal Dinner (♂)	<input type="checkbox"/> 240ml Wasser · eau · acqua

### + Ernährung · alimentation · alimentazione

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# C9

YOUR  
DAILY  
PLAN

# CLEAN9 DAY 1

## + CLEAN9 PROGRAM DAY\* 1-2

2 min. Stretching	5 min. Warm up	30 min. Training
x8		

### + Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> <li>1 x Forever Therm™</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Shape®</li> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> <li>1x Forever Therm™</li> <li>1x Forever Ultra™ Shake Mix</li> </ul>
Dinner	Bed Time	
<ul style="list-style-type: none"> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> </ul>	<ul style="list-style-type: none"> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> </ul>	

### + Ernährung · alimentation · alimentazione

\*Ausführliche Informationen rund um das Clean9-Programm erhältst du in unserer F.I.T.-Broschüre oder unter [www.tuedirwasgutes.com](http://www.tuedirwasgutes.com).

# CLEAN9 DAY 2

## + CLEAN9 PROGRAM DAY\* 1-2

2 min. Stretching	5 min. Warm up	30 min. Training
x8		

### + Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> <li>1 x Forever Therm™</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Shape®</li> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> <li>1x Forever Therm™</li> <li>1x Forever Ultra™ Shake Mix</li> </ul>
Dinner	Bed Time	
<ul style="list-style-type: none"> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> </ul>	<ul style="list-style-type: none"> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> </ul>	

### + Ernährung · alimentation · alimentazione

\*Pour plus d'informations sur le programme Clean9, consultez notre Brochure F.I.T. et notre site [www.faistoudubien.com](http://www.faistoudubien.com).

# CLEAN9 DAY 3

## + CLEAN9 PROGRAM DAY\* 3-9

2 min. Stretching	5 min. Warm up	30 min. Training
x8		

### + Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> <li>1x Forever Therm™</li> <li>1x Forever Ultra™ Shake Mix</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Therm™</li> <li>1x Forever Ultra™ Shake Mix</li> </ul>
Dinner	Bed Time	
<ul style="list-style-type: none"> <li>1x Forever Shape®</li> <li>600 kcal Dinner (♀)</li> <li>800 kcal Dinner (♂)</li> </ul>	<ul style="list-style-type: none"> <li>240 ml Wasser · eau · acqua</li> </ul>	

### + Ernährung · alimentation · alimentazione

\*Per informazioni dettagliate sul programma Clean9 consulta l'opuscolo F.I.T. e la nostra pagina [www.farsidelbene.com](http://www.farsidelbene.com).

# CLEAN9 DAY 4

## + CLEAN9 PROGRAM DAY\* 3-9

2 min. Stretching	5 min. Warm up	30 min. Training
x8		

### + Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> <li>1x Forever Therm™</li> <li>1x Forever Ultra™ Shake Mix</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Therm™</li> <li>1x Forever Ultra™ Shake Mix</li> </ul>
Dinner	Bed Time	
<ul style="list-style-type: none"> <li>1x Forever Shape®</li> <li>600 kcal Dinner (♀)</li> <li>800 kcal Dinner (♂)</li> </ul>	<ul style="list-style-type: none"> <li>240 ml Wasser · eau · acqua</li> </ul>	

### + Ernährung · alimentation · alimentazione

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# CLEAN9 DAY 5

## + CLEAN9 PROGRAM DAY\* 3-9

2 min. Stretching	5 min. Warm up	30 min. Training
x8		

### + Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> <li>120 ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua</li> <li>1x Forever Therm™</li> <li>1x Forever Ultra™ Shake Mix</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Fiber™</li> </ul>	<ul style="list-style-type: none"> <li>1x Forever Therm™</li> <li>1x Forever Ultra™ Shake Mix</li> </ul>
Dinner	Bed Time	
<ul style="list-style-type: none"> <li>1x Forever Shape®</li> <li>600 kcal Dinner (♀)</li> <li>800 kcal Dinner (♂)</li> </ul>	<ul style="list-style-type: none"> <li>240 ml Wasser · eau · acqua</li> </ul>	

### + Ernährung · alimentation · alimentazione

\*Per informazioni dettagliate sul programma Clean9 consulta l'opuscolo F.I.T. e la nostra pagina [www.farsidelbene.com](http://www.farsidelbene.com).