



FOREVER®
THE ALOE VERA COMPANY

F15™











YOUR

DAILY














PLAN

F15™ DAY 1

+ F15™ Program*

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

+ Notes













Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua 1x Forever Ultra™ Shake Mix 1x Forever Therm™	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® 450 kcal Lunch (♀) 550 kcal Lunch (♂)	<ul style="list-style-type: none"> 240ml Wasser · eau · acqua	

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*Ausführliche Informationen rund um das Clean9-Programm erhältst du in unserer F.I.T.-Broschüre oder unter www.tuedirwasgutes.com.

F15™ DAY 2

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀) 300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀) 550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	














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F15™ DAY 3

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀)  550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	











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F15™ DAY 4

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀) 300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀) 550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	














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F15™ DAY 5

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀)  550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	











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F15™ DAY 6

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀) 300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀) 550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	














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F15™ DAY 7

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀)  550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	














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F15™ DAY 8

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua 1x Forever Ultra™ Shake Mix 1x Forever Therm™	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® 450 kcal Lunch (♀) 550 kcal Lunch (♂)	<ul style="list-style-type: none"> 240ml Wasser · eau · acqua	














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F15™ DAY 9

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀)  550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	














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F15™ DAY 10

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua 1x Forever Ultra™ Shake Mix 1x Forever Therm™	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® 450 kcal Lunch (♀) 550 kcal Lunch (♂)	<ul style="list-style-type: none"> 240ml Wasser · eau · acqua	














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F15™ DAY 11

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀)  550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	











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F15™ DAY 12

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua 1x Forever Ultra™ Shake Mix 1x Forever Therm™	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀)300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 450 kcal Lunch (♀)550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® 450 kcal Lunch (♀)550 kcal Lunch (♂)	<ul style="list-style-type: none"> 240ml Wasser · eau · acqua	














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F15™ DAY 13

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀)  550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	














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F15™ DAY 14

+ F15™ Program*

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













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀)  550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	














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F15™ DAY 15

+ F15™ Program*

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

+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120ml Forever Aloe Vera Gel™ + 240 ml Wasser · eau · acqua  1x Forever Ultra™ Shake Mix  1x Forever Therm™ 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape®  450 kcal Lunch (♀)  550 kcal Lunch (♂) 	<ul style="list-style-type: none">  240ml Wasser · eau · acqua 	

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